

Admissions Policy

All times for sessions include customers changing and session set up. Under 8's must be accompanied and supervised by a responsible adult in the water.

Main Pool

Children 0-4 yrs on a basis of 1 adult to 1 child.

Children 5-7 yrs on a basis of 1 adult up to 2 children.

Splash Pool and Teaching Pool

Children under 8yrs on a basis of 1 adult to 2 children.

Session Descriptions

Adult Lane Swim

This adult only session is a child free zone. 25m long with 5 lanes.

Adult Swim Fit

A structured session for individuals to workout in achieving a desired aim, from keeping fit to training of a competition or event. Advice on swimming stroke technique and other skills are also given by a qualified instructors.

Adult/Family Lane Swim

This session is open to adults and families to enjoy swimming lengths. For the purpose of this session a family will be defined as at least one adult and one junior. 25m long with 5 lanes.

Aqua Care (Splash Pool)

A gentle exercise class held in water, ideal for people with arthritis, rheumatism requiring rehabilitation, and rehabilitation after injury or simply returning to physical exercise.

Aqua Fit (Splash Pool)

Fitness in the swimming pool designed to improve stamina, strength and toning. A full body work out including abdominal section and core stability. A fun and enjoyable class for all abilities. Places limited, bookable in advance.

Disabled Swim

A free session for anyone with a disability. (Participants must have a Leisure card).

Family Float Fun

This session is for families to enjoy swimming together with floats and play equipment in the water. For the purpose of this session a family will be defined as at least one adult and one junior.

50+ Swim

A nice relaxing open swim session for the over 50's.

General Swim

Open to all for general swimming.

General Swim & Slide

Open to all, waterslide available.

Junior Swimming Fit

This class is designed for Juniors up to the age of 16 years who have good swimming technique on Front Crawl, Backstroke and Breaststroke over 800m distance. It is designed to increase stamina whilst developing their strokes further (with a qualified Instructor). Opportunities to learn starts and turns for all strokes.

Ladies Only Lane Swim

The ideal opportunity for women of all abilities to meet and exercise. 25m long-5 lanes.

Lane Swim

This session is open to all. 25m long with 5 lanes for swimmer to swim lengths. Must be able to swim 50m unaided.

Members Only Swim

This session is exclusively for our members on Direct Debit. No money can be take on reception and members must use the kiosk with their membership card. The session is lane swimming with a Slow, Medium and Fast lane.

Parent & Toddler (under 5's)

This is a play session that enables children to have fun and gain water confidence. Ratio: one parent to a maximum of 2 under 5's.

Swim Fit (Splash Pool)

A water based circuit workout with a qualified instructor. All swimming and fitness abilities welcome. Booking is essential as places are limited.

Timid Swim

This is the opportunity to swim widths in the splash pool. The session is aimed at those swimmers just starting out after swimming lesson or who lack confidence in deep water.

Twilight Swim

Adults only session with lights lowered to relax the mind & body. 25m long with 5 lanes

Width Swim

Opportunity to swim widths.

Contact Us



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Nottingham NG9 3GF

t. **0115 917 3000**

e. **bramcote@liberty-leisure.org.uk**

w. **www.lleisure.co.uk**

Swimming Programme

School Holidays



0115 917 3000
www.lleisure.co.uk

	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30	10.00	10.30			
Monday	Main				ADULT LANE SWIM		50+ SWIM		GENERAL SWIMMING		GENERAL SWIMMING		ADULT LANE SWIM		GENERAL SWIMMING + SLIDE		ADULT/FAMILY LANE SWIM		SWIM SCHOOL		ADULT LANE SWIM															
	Splash																																			
	Teaching																																			
Tuesday	Main	MEMBERS ONLY SWIM			ADULT LANE SWIM		ADULT WIDTH SWIM		HOLIDAY ACTIVITIES		GENERAL SWIMMING		ADULT LANE SWIM		GENERAL SWIMMING + SLIDE		ADULT/FAMILY LANE SWIM		SWIM SCHOOL		JUNIOR SWIM FIT															
	Splash				LSS HOLIDAY SESSIONS		AQUA CARE		DISABLED SWIM		FAMILY FLOAT FUN		GENERAL SWIMMING																							
	Teaching				LSS HOLIDAY SESSIONS				PARENTS & TODDLERS		SWIM SCHOOL																									
Wednesday	Main	MEMBERS ONLY SWIM			ADULT LANE SWIM		ADULT GENERAL SWIM		HOLIDAY ACTIVITIES		ADULT LESSONS		ADULT LANE SWIM		GENERAL SWIMMING + SLIDE		ADULT/FAMILY LANE SWIM		SWIM SCHOOL		ADULT SWIM FIT		BROXTOWE TRIATHLON CLUB		LADIES ONLY SWIM											
	Splash				LSS HOLIDAY SESSIONS				DISABLED SWIM		ADULT LESSONS		FAMILY FLOAT FUN		GENERAL SWIMMING		FAMILY FLOAT FUN		SWIM SCHOOL																	
	Teaching				LSS HOLIDAY SESSIONS				PARENTS & TODDLERS		SS		PARENTS & TODDLERS		SS																					
Thursday	Main	MEMBERS ONLY SWIM			ADULT LANE SWIM		GENERAL SWIMMING		HOLIDAY ACTIVITIES		GENERAL SWIMMING		ADULT LANE SWIM		GENERAL SWIMMING + SLIDE		ADULT/FAMILY LANE SWIM		SWIM SCHOOL		ADULT LESSONS				ADULT LANE SWIM											
	Splash				LSS HOLIDAY SESSIONS		AQUA CARE		SS		FAMILY FLOAT FUN		GENERAL SWIMMING		FAMILY FLOAT FUN		SWIM SCHOOL		SWIM SCHOOL																	
	Teaching				LSS HOLIDAY SESSIONS																															
Friday	Main	MEMBERS ONLY SWIM			ADULT LANE SWIM		50+ SWIM		HOLIDAY ACTIVITIES		DISABLED SWIM		GENERAL SWIMMING		ADULT LANE SWIM		GENERAL SWIMMING + SLIDE		ADULT/FAMILY LANE SWIM		GENERAL SWIMMING				LANE SWIM											
	Splash				SWIM FIT		LSS HOLIDAY SESSIONS		AQUA FIT		SWIM SCHOOL		FAMILY FLOAT SWIMMING		GENERAL SWIMMING																					
	Teaching				LSS HOLIDAY SESSIONS																															
Saturday	Main				BRAMCOTE SWIM CLUB																															
	Splash																																			
	Teaching																																			
Sunday	Main				BRAMCOTE SWIM CLUB																															
	Splash																																			
	Teaching																																			

MAIN
(Main Pool)
25m x 12.8m Pool - 29°C - 30°C
Shallow Water Depth 1.2m
Deep Water Depth 3.5m

SPLASH
(Splash Pool)
12.8m x 7.3m Pool - 29°C - 30°C
Shallow Water Depth 1.0m
Deep Water Depth 1.2m

TEACHING
(Teaching Pool)
Designated for Lessons
12.5m x 7.3m Pool - 30°C - 31°C
Shallow Water Depth 0.9m / Deep Water Depth 1.0m

During the School Holiday period, the timetable will change between 9.00am and 5.00pm. Please pick up a Holiday timetable from reception or visit our website for times.