

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.

Aqual Natal & Bring Baby Swim

A gentle swim for mums to be and new mums. This session allows carers with babies under 10 months in a car seat the chance to enjoy a swim. Carers are responsible for their own baby throughout the sessions. Babies will remain on poolside during session.

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 taken on reception and members must use the kiosk with their membership card. The session is lane swimming with a Slow, Medium and Fast lane.

Contact Us



Bramcote Leisure Centre,
Derby Road, Bramcote,
Nottingham NG9 3GF

t. 0115 917 3000

e. bramcote@liberty-leisure.org.uk

w. www.lleisure.co.uk

Swimming Programme

School Term Time



22nd - 28th July 2019

Monday

	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
Main	MEMBERS ONLY SWIM	LANE SWIM		50+ SWIM			LADIES ONLY LANE SWIM			WIDTH SWIM			LANE SWIM		SCHOOL SWIMMING			DISABLED SWIM		LANE SWIM		GENERAL SWIM		SWIM SCHOOL			ADULT LANE SWIM		BRAMCOTE SWIM CLUB			THE TRIBE SUB AQUA	
Splash										AQUA CARE	AQUA FIT	TIMID SWIM	GENERAL SWIM		SCHOOL SWIMMING			DISABLED SWIM		FLOAT FUN				SWIM SCHOOL			AQUA FIT						
Teaching										SWIM SCHOOL			PARENTS & TODDLERS	SS		SCHOOL SWIMMING								SWIM SCHOOL									

Tuesday

	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
Main	MEMBERS ONLY SWIM	LANE SWIM									WIDTH SWIM		LANE SWIM		SCHOOL SWIMMING			SCHOOL SWIMMING		LANE SWIM				JUNIOR SWIM FIT					BRAMCOTE SWIM CLUB				
Splash												GENERAL SWIM			SCHOOL SWIMMING									SWIM SCHOOL									
Teaching															SCHOOL SWIMMING									SWIM SCHOOL									

Wednesday

	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
Main	MEMBERS ONLY SWIM	LANE SWIM				GENERAL SWIM					ADULT LESSONS		LANE SWIM		SCHOOL SWIMMING			PRIVATE HIRE		LANE SWIM				SWIM SCHOOL	ADULT SWIM FIT		BROXTOWE TRIATHLON CLUB		LADIES ONLY SWIM		BRAMCOTE SWIM CLUB		
Splash											ADULT LESSON		GENERAL SWIM		SCHOOL SWIMMING					GENERAL SWIM				SWIM SCHOOL									
Teaching											SS		PARENTS & TODDLERS	SS		SCHOOL SWIMMING								SWIM SCHOOL					ADULT LESSONS				

Thursday

	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
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		BRAMCOTE SWIM CLUB		
Splash						SS HOLIDAY SESSIONS		AQUA CARE	SS			FAMILY FLOAT FUN				GENERAL SWIMMING				FAMILY FLOAT FUN				SWIM SCHOOL			TIMID SWIM						
Teaching						SS HOLIDAY SESSIONS						SWIM SCHOOL				FAMILY FLOAT FUN								SWIM SCHOOL					ADULT LESSONS				

Friday

	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
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 SWIM		LANE SWIM		BRAMCOTE SWIM CLUB		ADULT LANE SWIM			
Splash						SS HOLIDAY SESSIONS		AQUA FIT			SWIM SCHOOL				FAMILY FLOAT SWIMMING			GENERAL SWIMMING					SWIM SCHOOL			FAMILY FLOAT FUN							
Teaching						SS HOLIDAY SESSIONS						SWIM SCHOOL			PARENTS & TODDLERS	SS				FAMILY FLOAT FUN				SWIM SCHOOL									

Saturday

	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
Main						BRAMCOTE SWIM CLUB						LANE SWIM											ADULT LANE SWIM										
Splash																																	
Teaching																																	

Sunday

	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
Main																																	
Splash																																	
Teaching																																	

MAIN
(Main Pool)25m x 12.8m Pool - 29°C - 30°C
Shallow Water Depth 1.2m
Deep Water Depth 3.5mSPLASH
(Splash Pool)12.8m x 7.3m Pool - 29°C - 30°C
Shallow Water Depth 1.0m
Deep Water Depth 1.2mTEACHING
(Teaching Pool)Designated for Lessons
12.5m x 7.3m Pool - 30°C - 31°C
Shallow Water Depth 0.9m / Deep Water Depth 1.0mDuring 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.