

HUTTON MOOR

LEISURE CENTRE

A HELPFUL GUIDE TO OUR POOL SESSIONS



[LeisureCentre.com](https://www.leisurecentre.com)



Working in Partnership with your Local Authority

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SESSION GUIDE

Adult & Baby/Toddler Swim Sessions

(4mths - 3½yrs): Ideal sessions for adults introducing their little ones to water (term time only)

Adult Only: Over 16's only in these sessions

Aqua Aerobics/HIIT: For all those people that enjoy a workout in water to music. This class is unique in its non-weight bearing approach to exercise using the water as a great resistance to tone up your body

AquaPhysical FloatFit

A 30 minute class that makes the most of the water's instability, to improve coordination, balance, cardiovascular fitness, strength and overall well being.

Deep Water Aqua Aerobics

A low impact class taught using flotation weight belts in the deep end of the pool, where participants are suspended in the water. As you submerge yourself into the deep end of the pool your body becomes nearly weightless, giving you a new kind of workout challenge.

Disabled Swim: Swimming lanes provided for the registered disabled and their carers (if required)

Discounted Swim: Swimming offered at a greatly discounted price.

Floats & Fun: Fun sessions with floats in the water (runs in place of Splash Attack on occasions)

General Swim: Ideal for a relaxing swim

GP Referral Swimfit: Runs in conjunction with our GP Referral Scheme

Lane Swim: Great for swimming lengths and improving your fitness.

Schools: Swimming lessons for local school children

Splash Attack: Giant pool inflatable for competent swimmers ages 8 - 12 years (exclusive party hire available)

Swim Club: Used by local swimming clubs

Swimming Lessons: Fun swimming lessons for children & adults 3½+

Wet 'n' Wild: Exclusive party hire for under 8's with floats & toys

NOTES

- The pool will be closed from 07:30 - 09:30 on the last Wednesday of every month for Staff Training.
- Membership or a prepaid swim card must be purchased from reception for customers wishing to swim prior to 08:00.
- During the school holidays the use of the pools by Camp Adventure & Crash Course Lessons may result in restricted access.
- Splash Attack runs weekdays during the school holidays, please see pool timetables for further details. Please contact reception to check availability.
- Lockers require a £1 coin/locker token that is refundable.

- This timetable is subject to change during school holidays, major event bookings & galas
- Please consult our monthly amendment leaflet for pool closures.
- A disabled hoist & a changing bed are available, please ask at reception if you would like to use these facilities.
- In order to prepare the pool for the next event on the timetable sessions may end 5-10 minutes earlier than scheduled.

ADMISSION POLICY

- Children under 8 must be supervised in the water & changing rooms by a parent or adult (16+).
- A maximum of 2 children under 8 is permitted per parent/adult.
- It is also recommended that children under 4 should be accompanied by an adult on a 1 to 1 basis.