

	Morning				Afternoon					Evening					
Monday	07.30-09.00 Length Swim	09.00-10.00 Public Swim	10.00-10.45 Aqua Med	11.00-12.00 Adults Only Public Swim	12.00-13.00 Length Swim	13.00-14.00 Junior Lessons 13.00-14.00 Deep Swim	14.15-15.00 AquaFit	15.00-16.30 Public Swim	17.00-18.00 Tiger Sharks	18.00-19.00 Length Swim	19.00-21.30 Swim Club				
Tuesday	09.00-12.00 Schools				12.00-13.00 Length Swim	13.00-15.30 Schools		15.45-16.15 Deep End Swim	15.45-20.15 Junior Lessons	15.30-20.15 Junior Lessons		20.15-21.00 AquaFit	21.00-22.00 Length Swim		
Wednesday	07.30-09.00 Length Swim	09.00-10.00 Public Swim	10.00-10.45 10.45-11.30 AquaFit	11.30-12.30 Water Babies 11.30-12.30 Deep Swim	12.30-14.15 Length Swim	14.15-15.00 Adult Lessons	15.00-16.00 Adults Only Public Swim	16.00-17.30 Public Swim		17.30-18.15 Junior Lessons	18.15-19.00 Over 60's Beginners Lessons	19.00-19.45 Junior Triathlon	19.30-20.30 Junior Triathlon	20.30-21.30 Adult Triathlon	21.30-22.00 Length Swim
Thursday	09.00-12.00 Schools				12.00-13.00 Length Swim	13.00-15.00 Schools		15.00-16.00 Public Swim	16.00-20.15 Junior Lessons	16.00-20.15 Junior Lessons		20.15-21.00 AquaFit	21.00-22.00 Length Swim		
Friday	07.30-09.00 Length Swim	09.00-10.00 Mainly Ladies	10.00-11.00 Water Babies 10.00-11.00 Deep Swim	11.00-12.00 Adults Only Public Swim	12.00-13.00 Length Swim	13.00-14.00 Public Swim	14.15-15.00 AquaFit	15.00-17.00 Public Swim		17.00-18.00 Fun 4 All	18.00-19.00 Length Swim	19.00-21.30 Swim Club			
Saturday	08.00-08.30 Junior Lessons	08.30-09.30 Tiger Sharks	09.30-13.00 Junior Lessons		09.30-13.00 Junior Lessons	13.00-14.00 Public Swim	14.00-15.30 Junior Lessons	15.30-17.00 Fun 4 All		17.15-18.15 Parties					
Sunday	08.00-09.00 Adult Triathlon	09.00-09.45 Rookies	10.00-11.00 Length Swim	11.00-12.00 Public Swim	12.00-13.00 Family Fun	13.15-14.15 Parties									

LENGTH
SWIMMING LESSON PROGRAMME
SCHOOL SWIM
LADIES
FUN SESSIONS
ADULT SESSIONS
CLUB SWIM
PUBLIC

session descriptions

Public - Public swims are open to the public.

Length Swims - Length swims are structured sessions which offer a controlled lane environment. Some of our Centres offer a Train Lane option where you can pick up a training session to keep you motivated (for details please ask your local centre).

Swimming Lesson Programme - Our Swimming Lesson Programmes are instructor led and are aimed at adults and juniors. These lessons include Junior Lessons, Adult Swimming Programmes, Triathlon Training and Water Polo.

Water Babies - A drop in swim session for under 5's. An instructor may be present.

Fun Sessions - Our fun sessions include:

Fun 4 All sessions are open fun sessions for everyone and includes 'Grab and Splash'.

Family Fun sessions are open fun sessions specifically aimed at families (access to these sessions is exclusively for groups consisting of adults and children).

Aqua Active sessions are aimed at children and include Splat Sessions, Water Polo, Junior Octopush, Walk on Water Balls, Sea Scooters, Teen Aqua and many more (these sessions will vary at each site).

Under 5's are fun sessions specifically aimed at under 5's and include Swim and Song Sessions, Water Babies (Instructors may be present at these sessions).

Adults Sessions - Adult sessions include:

Warmer Water sessions are held in the warmer small pool and are designed to encourage the benefits of water movements in a warmer environment.

Relax sessions are aimed at adults wishing to relax in an informal atmosphere with calming music. Swimming aids are available on request. (only available at certain Centres please ask at reception for further details)

Aqua Fit sessions are available for all levels and include Aqua Med, this workout is ideal for rehabilitation and a re-introduction to exercise. Aqua Deep is a water based workout in deep water and Aqua Natal is a water based workout for natal and post natal ladies.

Inclusive Members sessions are pool areas provided for 'more' members, PALS and OWLS.

Members sessions are pool areas provided for 'more' members only.

Ladies - Lady sessions include Sitara and Mainly Ladies, both offer a welcoming atmosphere, aimed at female swimmers only.

Club Swim - Our club swim sessions are pre-booked training sessions for our local Swimming Clubs.

useful information

- Pool size - 22.86m x 10.97m and pool depth 0.80m - 2.00m

- Other facilities - Baby changing facilities in both male and female changing rooms and coin operated hair dryers. A £1 returnable fee is required for the lockers.

- Disabled access - Full disabled access to the building, disabled changing room and shower and access to the pool.

- Notes - Please note that pool change-overs are included within the timetable at the beginning of each session. This usually takes a few minutes but on occasions could be longer. All swimmers are asked to wear a swimming cap while using the pool. Customers must abide by the terms and conditions which are available at your local centre.

- Centre Rules and Regulations apply.

- Admissions Policy applies.

Information for all sessions

Our programme has been designed to provide opportunities for the community to access a variety of sessions, after each session all swimmers must exit the pool area before the next session commences.

For further information about any of our sessions please ask at reception or call 01924 326 167.

Please note that some of our sessions are courses and must be pre-booked.

Scissett Baths

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Kirklees Active Leisure is a charitable trust.



swimprogramme

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more people more active more often