

# Term Time

	6.30	7.30	8.30	9.30	10.30	11.30	12.30	13.30	14.30	15.30	16.30	17.30	18.30	19.30	20.30	21.30
<b>MONDAY</b>	Early Bird Lane Swimming		Staff Training	Schools (Pool Closed)	Active Plus	Lunch Time Fitness Swim	Schools (Pool Closed)		Everyone Welcome		Swimming Lessons	Pool Closed	Swimming Club			
<b>TUESDAY</b>	Early Bird Lane Swimming	Pool Closed	Schools (Pool Closed)	Fitness Swim Deep to Deep	Hydro Power	Lunch Time Fitness Swim	Schools (Pool Closed)		Everyone Welcome		Swimming Lessons	Pool Closed	Fitness Swim Deep to Deep	Hydro Power	Fitness Lane Swim	
<b>WEDNESDAY</b>	Early Bird Lane Swimming	Pool Closed	Schools (Pool Closed)	Ladies only Swim Deep to Shallow	Swimming Lessons	Lunch Time Fitness Swim	Schools (Pool Closed)		Everyone Welcome		Swimming Lessons				Sub Aqua	
<b>THURSDAY</b>	Early Bird Lane Swimming	Pool Closed	Schools (Pool Closed)	Lane Swimming Deep to Shallow	Swimming Lessons	Lunch Time Fitness Swim	Schools (Pool Closed)		Everyone Welcome		Swimming Lessons	Pool Closed	Ladies only Swim Deep to Deep		Ladies Hydro Power	
<b>FRIDAY</b>	Early Bird Lane Swimming	Pool Closed	Schools (Pool Closed)	Fitness Swimming Deep to Deep	Hydro Power	Lunch Time Fitness Swim	Schools (Pool Closed)		Everyone Welcome		Swimming Lessons	Pool Closed	Swimming Club			
<b>SATURDAY</b>		Swimming Club	Pool Closed	Everyone Welcome with Diving Boards and Lane Swimming				Family Fun	Everyone Welcome	Disability Swim	Pool Closed	Hire Me For Only £350				
<b>SUNDAY</b>		Swimming Lessons	Fitness Lane Swim	Family Fun	Deep to Deep Swimming	Everyone Welcome with Diving Boards and Lane Swimming				Everyone Welcome	Life Saving Club	Swimming Club				

# Schools Out

	6.30	7.30	8.30	9.30	10.30	11.30	12.30	13.30	14.30	15.30	16.30	17.30	18.30	19.30	20.30	21.30		
<b>MONDAY</b>	Early Bird Lane Swimming		Staff Training	Active Plus Deep to Deep	Swimming Lessons	Family Fun	Everyone Welcome - Swim with Diving Boards and Lane Swimming							Pool Closed	Swimming Club			
<b>TUESDAY</b>	Early Bird Lane Swimming	Pool Closed	Fitness Swim Deep to Deep	Swimming Lessons	Hydro Power	Family Fun	Everyone Welcome - Swim with Diving Boards and Lane Swimming							Pool Closed	Fitness Swim Deep to Deep	Hydro Power	Fitness Lane Swim	
<b>WEDNESDAY</b>	Early Bird Lane Swimming	Pool Closed	Ladies Only Deep to Deep	Swimming Lessons	Family Fun	Everyone Welcome - Swim with Diving Boards and Lane Swimming										Sub Aqua		
<b>THURSDAY</b>	Early Bird Lane Swimming	Pool Closed	Fitness Swim Deep to Deep	Swimming Lessons	Family Fun	Everyone Welcome - Swim with Diving Boards and Lane Swimming							Pool Closed	Ladies only Swim Deep to Deep		Ladies Hydro Power		
<b>FRIDAY</b>	Early Bird Lane Swimming	Pool Closed	Fitness Swim Deep to Deep	Swimming Lessons	Hydro Power	Family Fun	Everyone Welcome - Swim with Diving Boards and Lane Swimming							Pool Closed	Swimming Club			
<b>SATURDAY</b>		Swimming Club	Pool Closed	Everyone Welcome Swim with Diving Boards and Lane Swimming				Family Fun	Everyone Welcome	Disability Swim	Pool Closed	Hire Me For Only £350						
<b>SUNDAY</b>			Fitness Swim	Family Fun	Deep to Deep Swimming	Everyone Welcome Swim with Diving Boards and Lane Swimming				Everyone Welcome	Life Saving Club	Swimming Club						

- **Early Bird** – For all you early risers, this is a great way to start your day. Wake up feeling refreshed after taking a dip in our 25 metre swimming pool.
- **Active Plus** – If you're not looking for a high intensity workout then this session and you're over 50 this may be for you?  
Take things at your own pace and enjoy your swim.
- **Fitness Swim** – Did you know that regular swimming can reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke? It can also boost your mood and keep weight under control. You would need to complete 64 lengths to swim a mile! Are you up for the challenge? Lanes will be available for the serious swimmers.
- **Everyone Welcome** – Did you know our pool is for both recreational and fitness purposes? Come along, have some fun with the kids or for a leisurely swim, make use of our lanes. All are welcome! Look out for the diving board and float sessions that take place at weekends and school holidays.
- **Disability Swim** – Free swimming on these sessions for Sportslink members.
- **Swimming Lessons** – Learn to swim with our Swimming Academy from ages 4 months  
Email [info@gcll.co.uk](mailto:info@gcll.co.uk) for more info!
- **Hydro Power** – A water based energetic class using a variety of exercises to target every area of your body, with your weight supported in the water, using a variety of equipment to upbeat music.
- **Family Fun Sessions** – Enjoy some family time with floats available to use during this whole session.  
\* Sunday – one FREE CHILD per full paying Adult – Applies to Active Leisure & Non Members only (does not include Swim Only/Swim & Spa / Outline Memberships).

- **Diving Board** – Do you want to be the next Tom Daley? Practice like a champion and come along to one of our Diving Board Sessions!!
- **Lane Swimming** – Regularly hitting the pool can be a powerful form of exercise, the benefits of swimming include cardiovascular fitness, weight control, increased muscle tone and endurance, and stress reduction.
- **Deep to Deep** – We have 2 x 25metre lanes in deeper water ranging from a depth of 1.7 metres to 3.5 metres.
- **Deep to Shallow** – We have 2 x 25metre lanes from deep water to shallow ranging from a depth of 1.7 metres to 0.9metres.
- **Ladies Only** – We have ladies only swim sessions available for Adults 18years+. Whether you're looking to learn to swim or just want to swim for leisure and fitness, there's a session to suit your needs.

From goggles to woggles a selection of swimwear and equipment are available to buy in Reception. Baby changing cubicles available.

Under 8s must be accompanied by an adult aged 18 years and over. Maximum of 2 under 8s per adult.

Lockers: A non-refundable 20 pence is needed

Timetable correct as of January 2018, please check at Reception or online for any changes.

[www.gcll.co.uk](http://www.gcll.co.uk)



Cygnets **SWIMMING**  
timetable