

main pool aquatic programme

Saturday 5 April - Monday 21 April

***L2S WEEK**
week commencing:
14.04.25
The pool depth may
be shallower during
these times



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM AQUA AEROBICS LANE SWIMMING AQUA WALKING PUBLIC SWIMMING WATER WALKERZ & STEPPING STONES LANE SWIMMING PUBLIC SWIMMING ADULT ONLY CLUB SESSION	LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM AQUA WALKING SKILLS/DRILLS LANE SWIMMING PUBLIC SWIMMING CLUB LANE SWIMMING	CLUB POWERSWIM LANES LEARN TO SWIM WEEK* PUBLIC SWIM AQUA WALKING LANE SWIMMING AQUA WALKING WELLNESS SESSION FAMILY FUN SESSION LANE SWIMMING AQUA NATAL DEEP WATER AEROBICS CHILL OUT SESSION	LEARN TO SWIM WEEK* PUBLIC SWIM LANE SWIMMING AQUA WALKING PUBLIC SWIMMING CLUB LANE SWIMMING LADIES ONLY	CLUB LANE SWIMMING LEARN TO SWIM WEEK* PUBLIC SWIM WELLNESS SESSION LANE SWIMMING AQUA WALKING PUBLIC SWIMMING WATER WALKERZ & STEPPING STONES SKILLS/DRILLS LANE SWIMMING PUBLIC SWIMMING CLUB SESSION	LANE SWIMMING FLIPPERS & SNORKEL PUBLIC SWIMMING DEEP WATER AEROBICS FAMILY SENSORY FRIENDLY	LANE SWIMMING PUBLIC SWIMMING PRIVATE HIRE / PUBLIC PIRATE AQUARUN OR WATERWALKERZ PUBLIC SWIMMING MASTERS SWIMMING PUBLIC SWIMMING

AQUA AEROBICS

A fun 45-minute dance based fitness class suitable for all abilities.

WELLNESS SESSION

Slower paced session that helps with recovery from illness or injury. Adults only.

AQUA WALKING

The pool is set at 1.2 metres depth which allows a low impact exercise option. It reduces stress on joints and is great for rehabilitation.

CHILL OUT SESSION

This adult only session has darkened lighting and ambient music for a end of day de-stress.

DEEP WATER AEROBICS

A 45-minute exercise to music class in deep water using aqua dumbbells and noodles (shallow water optional).

PIRATE AQUARUN / WATERWALKERZ

See pickaquoy.co.uk/swim/pool-fun-sessions/ for latest session. Pirate AquaRun is for Deependers only

LANE SWIMMING

Sessions will have slow, medium & fast paced lanes available, minimum age is 11 yrs old, must be competent lane swimmer.

SKILLS & DRILLS

A class to improve your technique, introducing basic training structure to your swims to develop fitness and stamina.

POWERSWIM

A short intensive class to improve swim stroke, technique and fitness levels

FAMILY SENSORY FRIENDLY

A session where the pool environment is adjusted to enhance the sensory experience of kids who may otherwise find it challenging.

The annual pool maintenance closure will take place from Monday the 28th of April to Friday the 2nd of May

Health Suite (16+ yrs)

Mon & Fri: 1000 - 2030

Tue: 1000-2000

Wed: 1000 - 1500, 1530-2030

Thurs: 1000-2000 (LadiesOnly 2000-2100)

Sat: 1000 - 1700

Sun: 1000 - 1900

Family Session Everyday from 1000-1700, 8+ yrs minimum. Combined tickets for swim and health suite are available.



ActiveLife
More people, more active, more often

www.pickaquoy.co.uk