



Swimming Timetable

2010 Programme

Braintree Swimming Centre
Charter Way, Braintree, CM77 8YJ
01376 333833

Welcome

Welcome to Braintree Swimming Complex operated by the Braintree District Leisure Community Association Ltd. This superb facility is offered to the residents of the Braintree District, neighbouring districts and their visitors.

Located at the Freeport Braintree outlet village this facility is a joint project between Braintree District Council and Hermes the owners of Freeport. The facilities are available for all ages and abilities. Everyone is welcome.

To ensure the continuous development of facilities and services, we are keen to hear what our users think and welcome any feedback that you may have.

We do hope you enjoy your visit to Braintree Swimming Centre and look forward to your continued support in the development of this facility.

Centre Opening Times

Monday to Friday	6.00am-10.00pm
Saturday	6.30am-6.00pm
Sunday	7.30am-6.00pm

Opening and closing times may vary for specific activities.

Bank Holiday opening times will vary.



Pool Timetable

Main Pool

Early Rises - Fitness Sessions (16+ Only)

Monday	6.00am – 8.30am
Tuesday	6.00am – 8.30am
Wednesday	6.00am – 8.30am
Thursday	6.00am – 8.30am
Friday	6.00am – 8.30am
Saturday	6.30am – 7.45am
Sunday	7.30am – 9.00am

Public Swimming Sessions

Monday	8.30am – 11.00am 12.00pm – 5.00pm 7.00pm – 9.00pm
Tuesday	8.30am – 1.15pm 4.00pm – 5.00pm 7.00pm – 8.00pm
Wednesday	8.30am – 10.00am 12.00pm – 5.00pm 7.00pm – 8.30pm
Thursday	8.30am – 2.30pm 4.00pm – 5.00pm

Friday	8.30am – 10.15am 11.00am – 5.00pm 8.00pm – 9.00pm
Saturday	9.00am – 3.30pm
Sunday	9.00am – 4.00pm

Adult Lane Fitness Sessions (16+ Only)

Monday	9.00pm – 10.00pm
Tuesday	5.00pm – 7.00pm
Thursday	5.00pm – 7.00pm 9.00pm – 10.00pm
Friday	9.00pm – 10.00pm
Sunday	4.00pm – 5.00pm

Lane Fitness Sessions

Monday	5.00pm – 7.00pm
Wednesday	5.00pm – 7.00pm
Friday	5.00pm – 6.45pm

Over 50's Sessions

Tuesday	1.15pm – 2.00pm (Shallow Water Aerobics)
Tuesday	2.00pm – 4.00pm
Thursday	2.30pm – 4.00pm

Mobility Session

Monday 11.00am – 12.00pm

Water Aerobics Sessions

Please refer to our Water Aerobics Programme available from Reception

Teaching Pool

Public Swimming Sessions

Tuesday 3.00pm – 4.00pm
Wednesday 3.00pm – 4.00pm
Thursday 3.00pm – 4.00pm
Saturday 12.00pm – 3.30pm
Sunday 9.00am – 5.00pm

Parties / Private Hire

Saturday 4.00pm – 9.00pm
Sunday 5.00pm – 9.00pm

Leisure Waters

Under 3's Only Sessions (Floats & Toys)

Monday, Wednesday & Friday 9.30am – 10.30am

Public Swimming Sessions

Monday, Wednesday & Friday 9.30am – 10.30am
Saturday 9.00am – 3.30pm
Sunday 9.00am – 5.00pm

Parties / Private Hire

Saturday 4.00pm – 9.00pm
Sunday 5.00pm – 9.00pm

Please Note: at certain times there may be reduced lanes due to Lane Swimming / Aerobics / Schools / Swimming Lessons / Staff Training etc.

Lanes will be available Monday to Friday during Lunchtime Swimming

Children under the age of 8 years "MUST" be supervised by a Parent / Adult over the age of 18 years

One Adult May Supervise 3 Children Under The Age Of 8 Years Only!!!



Reduction in lanes only applies to the Main Pool, the following sessions times will be affected:

Monday

4.00pm – 5.30pm (2 Lanes)
8.00pm – 9.00pm (2 Lanes)
9.00pm – 10.00pm (Reduced Lanes)

Tuesday

4.00pm – 5.30pm (2 Lanes)

Wednesday

4.00pm – 5.30pm (2 Lanes)

Thursday

4.00pm – 5.30pm (2 Lanes)
9.00pm – 10.00pm (Reduced Lanes)

Friday

4.00pm – 5.30pm (2 Lanes)

Help Us To Keep Our Swimming Fresh!

Swimming is a great form of exercise and enjoyment to all, and the pools here at Braintree have something for everyone. However, swimming pool contamination is the biggest contributor to unwelcome pool closures, causing inconvenience to many. To avoid such closures and keep our swimming pools fresh, please follow our:

Pool hygiene safety tips:

- All swimmers should visit the toilet before swimming.
- Removing shoes / boots / footwear before entering the changing areas
- Parents should encourage young children to make frequent visits to the toilet during their swim.
- Shower before entering the pool, as showering before your swim will remove all the sweat and bacteria that would otherwise go into the pool.
- Please wear clean suitable swimwear.
- Young children still requiring nappies should wear tightly fitted plastic or rubber pants/nappies recommended for swimming by a recognised manufacturer. These are available from the reception.
- Do not chew gum.
- Do not swim if you have eaten less than 1 hour beforehand.
- Do not swim if you feel unwell with a cold, throat, ear or skin infection.
- Do not swim if you have diarrhoea, or have had in the last 72 hours.
- Wear a swimming hat, or secure long hair safely with a suitable band that will not come off during your swim.
- Do not wear contact lenses while swimming. Micro-organisms in the water can cause infections if they get between the lens and the eye.
- Do not wear shoes on the poolside areas, or in the communal shower areas.
- Do not take pushchairs onto the poolside areas for hygiene and safety reasons, and wherever possible avoid taking pushchairs into the changing room areas.
- Do not eat, drink or smoke on the poolside areas.
- Avoid getting the pool water in your mouth and then spitting it out, or swallowing it.
- Report any incidents involving contamination of the pool to the staff immediately.

Our swimming pools are treated regularly and maintained to the highest standards, however, good personal hygiene practices can significantly reduce swimming pool pollution and help us all.