

Swimming Pool Programme

Halstead Leisure Centre from January 2012

Main Pool

Monday

7.00am – 8.30am Adults Only
8.30am – 10.00am All Welcome
10.00am – 12.00pm Ladies Only Morning
10.45am – 11.30am Aqua Fit
12.00pm – 1.30pm Adults Only
2.30pm – 3.30pm 50+ Swimming
3.30pm – 4.30pm All Welcome
5.45pm – 7.00pm All Welcome
9.00pm – 10.00pm Adults Only

Tuesday

7.00am – 8.30am Adults Only
8.30am – 10.00am All Welcome
12.00pm – 1.30pm Adults Only
12.15pm – 1.00pm Aqua Fit
3.00pm – 4.30pm All welcome/Family swim
8.15pm – 9.00pm All welcome
9.00pm – 10.00pm Coached Fitness session

Wednesday

7.00am – 8.30am Adults Only
8.30am – 10.00am All Welcome
12.00pm – 1.30pm Adults Only
2.30pm – 3.30pm 50+ Swimming
3.30pm – 4.30pm All Welcome
7.30pm – 9.00pm All Welcome
8.15pm – 8.45pm Aqua Jog
9.00pm – 10.00pm Moonlight Swim

Thursday

7.00am – 8.30am Adults Only
8.30am – 10.00am All Welcome
12.00pm – 1.30pm Adults Only
3.00pm – 4.30pm All welcome/Family swim
5.45pm – 7.00pm All Welcome
7.45pm – 8.15pm All Welcome
8.15pm – 9.00pm Aqua Circuits
9.00pm – 10.00pm Adults only

Friday

7.00am – 8.30am Adults Only
8.30am – 10.00am All Welcome
11.00am – 12.00pm 50+ Swimming
11.15am – 12.00pm Aqua fit
12.00pm – 1.30pm Adults Only
2.30pm – 6.00pm All Welcome

Saturday

7.30am – 8.30am Adults Only
10.30am – 1.00pm All Welcome
1.15pm – 2.15pm Aqua Fun Session

Sunday

8.45am – 4.00pm All Welcome
4.00pm – 5.00pm Remedial relaxation swim
5.00pm – 6.00pm The 'Big Splash' Fitness



Swim Membership Options Available

Speak to a customer advisor or
Tel 01787 472480



HALSTEAD
Leisure Centre

Please Note: During some sessions a lane activity could be taking place. Programme subject to change, Times correct at time of print. Programme does not include School and Bank Holidays.

Swimming Pool Programme

Halstead Leisure Centre from January 2012

Small Pool

Monday

11.00am – 4.00pm All Welcome
6.00pm – 7.00pm All Welcome

Tuesday

9.00am – 10.00am Parent and Child
12.30pm – 4.00pm All Welcome

Wednesday

9.00am – 10.00am Parent and Child
12.30pm – 4.00pm All Welcome

Thursday

9.00am – 10.00am Parent and Child
12.30pm – 4.00pm All Welcome

Friday

11.00am – 6.00pm All Welcome

Saturday

10.30am – 1.00pm All Welcome
1.15pm – 2.15pm Aqua Fun Session

Sunday

8.45am – 4.00pm All Welcome
4.00pm – 5.00pm Remedial relaxation swim



ABC Crèche

The crèche runs throughout the year, including all holidays.

Take advantage of our Ofsted registered crèche for under 5's.

Contact reception for further details

Monday – Friday

Swimming Pool Admission Policy:

Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+)

A maximum of 3 children under 8 is permitted per parent / adult



DC LEISURE
Fitness Industry Association
Operator of the Year 2008 & 2009

HALSTEAD
Leisure Centre

Braintree
District Council

Braintree District Leisure Community Association Ltd working in partnership with Braintree District Council