



Swimming Timetable

2009 Programme

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

Braintree
Swimming Centre

DC LEISURE
Fitness Industry Association
Operator of the Year 2008/9

 **Braintree**
District Council

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

Welcome

Braintree Swimming Centre

Welcome to Braintree's new £7.5million premier 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	6.45am-6.00pm
Sunday	7.30am-6.00pm

Opening and closing times may vary for specific activities.

Bank Holiday opening times will vary.



Pool Timetable

Teaching Pool

Monday

9.30am-10.30am	Parent Baby / Toddler Lessons
12.00pm-1.30pm	Pre-School Swimming Lessons
3.30pm-6.00pm	National Plan For Teachers Swimming Stages 1-4

Tuesday

9.30am-10.30am	Parent Baby / Toddler Lessons
12.00pm-3.00pm	Pre-School Swimming Lessons
3.00pm-4.00pm	Public Swimming
4.00pm-7.00pm	National Plan For Teachers Swimming Stages 1-4

Wednesday

9.30am-10.30am	Parent Baby / Toddler Lessons
12.00pm-1.30pm	Pre-School Swimming Lessons
3.00pm-4.00pm	Public Swimming
4.00pm-6.00pm	National Plan For Teachers Swimming Stages 1-4

Thursday

9.30am-10.30am	Parent Baby / Toddler Lessons
12.00pm-3.00pm	Pre-School Swimming Lessons
3.00pm-4.00pm	Public Swimming
4.00pm-6.00pm	National Plan For Teachers Swimming Stages 1-4

Friday

9.30am-10.30am	Parent Baby / Toddler Lessons
12.00pm-1.30pm	Pre-School Swimming Lessons
3.30pm-6.00pm	National Plan For Teachers Swimming Stages 1-4

Saturday

8.00am-12.30pm	National Plan For Teachers Swimming Stages 1-4
12.30pm-3.30pm	Public Swimming
4.00pm-9.00pm	Private Hire / Parties

Sunday

9.00am-5.00pm	Public Swimming
5.00pm-9.00pm	Private Hire

Main Pool

Monday

6.00am-8.30am	Lane Fitness Session (16+)
8.30am-11.00am	Public Swimming *
9.15am-10.00am	Water Aerobics
11.00am-12.00pm	Mobility Session
12.00pm-5.00pm	Public Swimming *
5.15pm-6.45pm	Lane Fitness Session (16+) *
7.00pm-9.00pm	Public Swimming *
4.00pm-6.00pm	National Plan for Teachers Swimming Stages 4-10

8.00pm-8.45pm	Water Aerobics
9.00pm-10.00pm	Adult Fitness (16+)

Tuesday

6.00am - 8.30am	Lane Fitness Session (16+)
8.30am - 2.30pm	Public Swimming *
2.30pm - 4.00pm	50+
4.00pm - 6.00pm	National Plan for Teachers Swimming Stages 4 - 10
4.00pm - 5.00pm	Public Swimming *
5.15pm - 6.45pm	Lane Fitness Session (16+) *
7.00pm - 8.00pm	Public Swimming *
8.00pm - 9.30pm	Adult Swim Academy

Wednesday

6.00am - 8.30am	Lane Fitness Session (16+)
8.30am - 10.00am	Public Swimming *
9.15am - 10.00am	Water Aerobics
12.00pm - 5.00pm	Public Swimming *
5.15pm - 6.45pm	Lane Fitness Session (16+) *
7.00pm - 8.30pm	Public Swimming *
4.00pm - 6.00pm	National Plan for Teachers Swimming Stages 4 - 10
6.00pm - 6.45pm	Water Aerobics

Thursday

6.00am - 8.30am	Lane Fitness Session (16+)
8.30am - 2.30pm	Public Swimming *
9.15am - 10.00am	Water Aerobics
2.30pm - 4.00pm	50+
4.00pm - 5.00pm	Public Swimming *
5.15pm - 6.45pm	Lane Fitness Session (16+) *
4.00pm - 6.00pm	National Plan for Teachers Swimming Stages 4 - 10
9.00pm - 10.00pm	Adult Fitness Session (16+)

Friday

6.00am - 8.30am	Lane Fitness Session (16+)
8.30am - 5.00pm	Public Swimming *
9.15am - 10.00am	Water Aerobics
5.15pm - 6.45pm	Lane Fitness Session (16+) *
4.00pm - 6.00pm	National Plan for Teachers Swimming Stages 4 - 10
6.00pm - 7.00pm	Water Aerobics

7.00pm - 9.00pm	Public Swimming *
9.00pm - 10.00pm	Adult Fitness (16+)

Saturday

6.45am - 7.45am	Lane Fitness Session (16+)
9.00am - 2.00pm	Public Swimming *
9.00am - 10.30am	National Plan for Teachers Swimming Stages 4 - 10
2.00pm - 3.30pm	Super Splash
4.00pm - 9.00pm	Private Hire / Parties

Sunday

7.30am - 9.00am	Lane Fitness Session (16+)
9.00am - 4.00pm	Public Swimming *
4.00pm - 5.00pm	Lane Fitness Session (16+)
6.00pm - 9.00pm	Private Hire / Parties

* Please Note at certain times where highlighted, either lane swimming or a reduction in lanes may be required to accommodate schools or other bookings. Please call for further details.

Leisure Waters

Monday

9.30am - 10.30am	Parent & Baby - Floats & Toys (Under 3's Only)
10.45am - 6.30pm	Public Swimming

Tuesday

9.30am - 10.30am	Parent & Baby - Floats & Toys (Under 3's Only)
10.45am - 6.30pm	Public Swimming

Wednesday

9.30am - 10.30am	Parent & Baby - Floats & Toys (Under 3's Only)
10.45am - 6.30pm	Public Swimming

Thursday

9.30am - 10.30am	Parent & Baby - Floats & Toys (Under 3's Only)
10.45am - 6.30pm	Public Swimming

Friday

9.30am - 10.30am	Parent & Baby - Floats & Toys (Under 3's Only)
10.45am - 6.30pm	Public Swimming

Saturday

9.00am-3.30pm	Public Swimming
4.00pm-5.00pm	Private Hire / Parties

Sunday

9.00am-5.00pm	Public Swimming
5.00pm-9.00pm	Private Hire / Parties

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

Lunchtime Swimming - lanes will be available during this session

Multi-function Room

Fully equipped facility including; kitchen facilities and separate washroom.

Available 7 days a week. Contact Reception for availability and bookings



Meeting/Seminar Room

Are you looking for somewhere to hold your meetings or seminars? Our facility offers full conference facilities with easy access from the A120 and railway links. This room is fully air conditioned. Contact the centre for further details.



Aquacise Classes

What better way to get in shape, than our water based exercise classes?

These non weight bearing classes are designed to be suitable for all fitness levels.

Why not bring a friend and exercise together.

Do you swim regularly?

If you swim more than once a week then our swim membership could save you money.

For more information on this great offer contact a member of staff for full details.

Where to find us...

**Braintree
Swimming Centre**

Freeport Braintree, Braintree

01376 333833

enquiries@braintreeswimmingcentre.co.uk

www.braintreeswimmingcentre.co.uk