• **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 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.

• **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 2017, please check at Reception or online for any changes.