NL Leisure Ltd Swimming Products
Session descriptions and Information

•Adult Swimming:
Enjoy some aqua time for yourself, these sessions allow you to relax, improve fitness or take an invigorating swim in peace, why not incorporate this session into a relaxing session in our Health Suite. Lane Swimming option is available.

•Aquafit:
Come and join in the fun with water based aerobics. Improves fitness, flexibility and strength without straining your joints.

•Aqua-Natal:
A Water-based exercise class to music for pregnant ladies. The session is run by a fully qualified midwife and is a fun and safe way to keep fit during pregnancy. It is not essential that you can swim and you don't even have to put your face in the water. The class is suitable for women at all stages of pregnancy and is a great way for Mum to get that water confidence before bringing your new baby swimming for the very first time.

•Early Birds:
For the early risers, laned swimming at your own pace.

•Family Fun Swim:
A time for all the family to enjoy some fun swimming time. All Adults must be accompanied by a responsible child.

•Kidz NL:
Fun swimming, wet & wild fun with the rafts and floats. These fun sessions offer a lively, energetic and exciting atmosphere.

•Schools Swimming:
National Curriculum swimming lessons.

•Quality Control:
Part or all of the pool may be closed for our ongoing Quality Control Systems and Staff Training.

•Swim for All:
Open session for all users and families.

•Swim Fit:
Sections of the Pool will be laned for customers to swim lengths. Swimmers of all standards are welcome, and you can choose your own pace between fast, medium and slow lanes. AccessNL Members looking to develop your stamina or improve your stroke, can enjoy coached sessions by a Qualified Instructor, who sets the programme for the session. Competitive and strong swimmers are very welcome and will feel at home in these surroundings.

•Swim NL - Water Babies - Swimming Lessons:
Babies love being in water, these popular Swimming Lessons for babies between 6 months and 4 years, is a great way to bond with your child whist building their water confidence and orientation in a very fun way.

•Swim NL – Junior Swimming Lessons:
Our lessons follow the ASA National Plan for Teaching Swimming (NPTS) which is an all-inclusive programme taking the non-swimmer on their own individual aquatic journey. Along the way they develop confidence, competence and skills in a fun environment taught by fully qualified teaching staff. Ask a member of staff for further information; we are bound to have the right level for you.

•Swim NL – Adult Swimming Lesson:
It is never too late to learn to swim, these discreet sessions offer adults who wish to learn to swim or to improve their swimming ability and confidence.

•Swim NL – Rookie Lifeguarding:
Aimed at young people who are interested in learning new life saving skills, in and out of the water.

•Active Age
Age is but a number... these quite low intensity swimming sessions allows our more mature swimmers to enjoy a relaxing swim at your own pace.

•Swim Club / Sub Aqua:
Sessions closed to the public for Club. For further information please ask at reception.

Other information:

•Swim Supervision Policy
All children under the age of 8 years must be accompanied by a responsible person aged at least 16 years, who must maintain a constant watch over the children for whom they are responsible. Children under the age of four must be accompanied on a one to one basis. Children aged between four and seven must be accompanied on a one adult to a maximum of two children basis. Children aged 8 and above can enter the swimming pool without supervision.