ACTIVITY	AGE / CLASS	PRICE	COVERED BY MORE4LIFE	DESCRIPTION
Easter Dive	All ages	£5.50/ £3.80		Collect a numbered ring from the bottom of the pool for the chance to win an Easter Egg! Just pay for a swim as normal. *Pool admission rules apply.
Climbing Classes	All ages	£10.10/ £6.40	MORE life	Come and have a go on our climbing wall and learn the basic skills. Come & try's and Inductions available.
Bounce Mania	All ages	£3.30		Bouncy Castle, soft play, and more! Children aged under 6 years must be accompanied by an adult & children under 1 years go free.
Pool Inflatable	All ages	£3.80		See if you can get to the end of our "Shiver Me Timbers" pool inflat- able without falling off! *Pool admission rules apply.
Splash Disco	All ages	£3.80		Enjoy a session in the pool with our big floats, pool toys and flippers in a disco environment! *Pool admission rules apply.
Floats & Flippers	All ages	£3.80	MORE4iffe Section more active, more often	An hour jam-packed full of fun, with our big floats and a varied sizes of flippers available. Watch out for the water cannons
Pool Fun with Stepping Stones	6+ Years	£3.80		Try get to the end of our stepping stones without falling off, it's harder than it sounds!
Parent & Child	Pre-School & Primary	£3.80		Sociable session for parents and children with soft play and swimming pool
1 to 1 Swim Lessons	3+ years	£20.10		1 to 1 swimming lessons can help boost confidence in the water and improve swim strokes. Please ask at reception for full range of times.
Otago	Referral required	£3.30	MORE life	These fall prevention exercise sessions include a basic warm up and strength/balance exercises. GP Referral is required for this class.
Aqua Circuits	Secondary 4+	£6.55	моке 4 ііfe	Water based workouts are suitable for all, with a variety of aerobic & toning stations that work the entire body.
50+ Swimming	50+ years	£5.50/ £3.80	MORE4ife Shedland more active, more often	A relaxed session for those aged 50 and above. Exclusive use of the pool and health suite.
Spinning	Secondary 4+	£6.55	MORE 1 If e Svettard more active, more often	Challenge yourselves with simple moves at varying intensities on our static exercise bikes, with motivational music and an instructor to guide you all the way.
Pool Ball Games	8+ Years	£3.80		A variety of pool sports, including water polo, pool volleyball and water rounder's. A great opportunity to try some new water activities
Come & Try Volleyball	8+Years	£3.30		A perfect chance to give volleyball a go if you have never played or would like to give it a go again. The session will be game based packed full of competition!
Fun & Games	6+ Years	£3.80		Relay races, Dodgeball, Rounder's and lot's of fun, a great session to burn some steam off during the Easter break.



Easter Activities

Adult & Junior guide

Monday 1st April -Sunday 14th April inc.



Tel: 01595 807713

MON 1 Parent & Child (J) (Pool & Hall) 0930 - 1130 **Pool Inflatable (J)** 1400 - 1500

Come & Try Volleyball (M) 1600 - 1700 1to1 Swim Lessons (M) **Bounce Mania (J)** 1630 - 1700 1515 - 1615 1700 - 1730 Aqua Circuits (A) Splash Disco (J) 1930 - 2015 1930 - 2030

TUE 2

50+ Swimming (A)

1100 - 1230

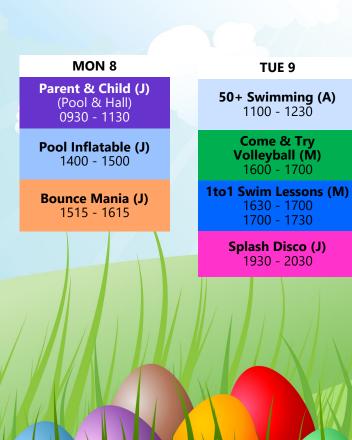
WED 3 1to1 Swim Lessons (M) 1230 - 1300 1300 - 1330 1330 - 1400 Pool Ball games (J) 1600 - 1700 Climbing come & try 1500 - 1600 1600 - 1700 Climbing Induction (M) 1700 - 1800 Aqua Circuits (A) 1930 - 2015





SUN 7

FRI 5



	WED 10	
	Otago (A referral) 1130 - 1230	
	1to1 Swim Lessons (M) 1230 - 1300 1300 - 1330 1330 - 1400	
	Pool Ball games (J) 1600 - 1700	
	Climbing come & try (M) 1500 - 1600 1600 - 1700	
	Climbing Induction (M) 1700 - 1800	
	Spinning (A) 1800 - 1845	
IA		

Aqua Circuits (A) 1930 - 2015

THU 11		FRI 12	
1to1 Swim Lessons (M) 1430 - 1500		50+ Swimming (A) 1000 - 1130	
Pool Fun with Stepping Stones (J) 1500 - 1600		Floats & Flippers (J) 1415 - 1515	
Fun & Games (J) 1600 - 1700			

SUN 14 1to1 Swim Lessons (M) 1030 - 1100 1100 - 1130 Easter Dive (M) 1200 - 1500 **Climbing Induction (M)** 1130 - 1230 Climbing come & try 1245 - 1345 1400 - 1500

*Please check our Timetable for Individual Lessons, Public and Lane Swimming

KEY: Junior (J) | Adult (A) | Mixed (M)



West Mainland Leisure Centre