



Activity Options

at Arnold Leisure Centre

www.gedling.gov.uk

Admission Policy

A responsible adult (over 16 years) must accompany children under the age of 8 years.

One adult may accompany a maximum of two children under the age of 8 years.

One adult may accompany a maximum of 2 children under the age of 5 years in the small pool only. Under 5 years in the main pool must be supervised on a one to one basis

Public Swim

Everyone welcome. A lane is roped off for continually swimming lengths. A public swim session is for one hour swim.

Adult Only (14 years plus)

Early morning Adult only: One lane roped off for continual swimming. Adult Only in the evening: The pool is laned off in three sections for slow, medium and fast swimmer to swim in an anti clockwise circuit.

Sedate Swim (14 years plus)

This is a gentle swim, ideal for those recovering from injury or those with rheumatic, arthritic and similar conditions. Alternatively a great session for those less confident in the water.

Ladies Only (14 years plus)

A great opportunity for ladies of any age or ability to enjoy the exercise and social atmosphere. There are three lanes for slow, medium and fast swimmers.

Accessibility Session

A gentle swimming session ideal for any disability, injury, aches or pains. These sessions are for everyone.

Swim Fit (14 years plus)

Water based stamina workout and circuit training session in and out of the water, with a qualified instructor to motivate and guide you.

Wet Workout (14 years plus)

An excellent water based aerobic activity, suitable for all levels of fitness.

Aqua Natal

Pregnant or recently had a child, then this session is for you. With a qualified midwife gentle exercises and swimming

Adult swimming lessons (14 years plus)

From complete beginner to an advanced swimmer. The swimming instructor is in the water with you to help build confidence and swimming technique.

Parent and Toddler

Pre school age. Parent / Guardian in the water with the child. An instructor is on the side advising parents how to get their child confident in the water with nursery rhymes and toys.

Childrens Activities

All activities are bookable during the holidays.

Aqua Cross – under 8's (4 years - under 8 years)

Inflatable jet skis. Parent must be in the water with the child, one Parent/Guardian, one child

Aqua Cross – over 8's (8 years - 14 years)

Inflatable jet ski
Children must be able to swim 50 metres or more

Aqua run (8 years - 14 years)

Inflatable obstacle run which ends in deep water
must be able to swim 50 metres or more

Snorkelling – under 8's (4 years - under 8 years)

Under water swimming picking objects off the bottom of the pool floor and other games
Parent/Guardian must be in the water with the child
Mask, fins and snorkel are provided. Small pool

Snorkelling – over 8's (8 years - 14 years)

As above (without parents!)

family
fun

