

Just Swimming

Swimming is one of our most popular past times and our 'Just Swimming' sessions are great for people wanting to get into the water, whether it's for fun or for fitness.

Length Swim - A structured swim with lanes for various speeds/abilities. The number of lanes available will vary.

Public Swim - Sessions are open to all adults and children.

Mini Splash & Play - This is a fun session for families with children 5 years and under. This session is not included in any KAL membership

Further information on sessions and admission policies:
www.kal.org.uk/admissions

Learn 2 Swim Adults

Adults programme delivered by fully qualified instructors with a range of classes for all abilities.

Be a Swimmer New to the pool? Need confidence and support? Then this is the lesson for you.

Be a Better Swimmer If you haven't been in the pool for a while and would like to improve your confidence and stroke technique come along to this lesson.

Be a Great Swimmer If you can already swim but would like to expand your knowledge and skills in the water then these lessons are great to improve and learn new techniques.

Ladies Learn 2 Swim - Ladies only adult swimming lessons. Please note there will not always be a female lifeguard supervising the pool.

Learn 2 Swim Babies & Junior

KAL Swim Academy - Award winning Junior Swimming Lesson Programme delivers lessons for all ages and abilities following the ASA framework including Alpha awards for children with additional needs. KAL Swim Academy is also part of the Junior Membership which offers free swimming at all KAL pools.

- **Ducklings** - Parent & Child sessions aimed at 0-5 years.

- **Stages 1-10** - Suitable for children of all abilities for ages 5yrs and above. Includes full range of aquatic skills and water safety.

Aquatic Fitness

Aqua Fit - Water based aerobic workout which is suitable for all levels of fitness.

Aqua Med - Aimed at people who are new to Aqua-classes, recovering from injuries and have pre-existing health conditions.

Swimfit - Adults only coach led or self-motivated sessions which give you the opportunity to increase your swimming fitness levels with the assistance of programme cards.

Aqua Combat - Explosive energetic pool session combining a mix of martial arts, combat, and kick boxing.

Aqua Zumba Aqua Zumba incorporates dance and fitness moves to make it fun for anyone who wants to exercise in the water. Accompanied by fun, up beat music Aqua Zumba makes exercising seem like a pool party.

Specialist Sessions

Sessions have been developed within the programme to provide the opportunity for activities throughout the community.

Aqua Relax - This session is aimed at adults wanting to gain confidence in the pool and for people with a disability or impairment to take part in aquatic activity. Adult only public swim. Equipment provided and when possible relaxing music and lowered lighting to create an enjoyable experience.

Men's & Ladies Community Family Swim - Men's and Ladies only session. Swimmers of the opposite gender up to the age of 8 may attend.

Ladies Only Swim - These sessions are aimed for female adults only aged 14+.

Aqua Splash - Fun, Fun, Fun! Sessions aimed at young people with additional needs to bring their family for an Aquatics Fun Swim in a safe environment.

Private Hire

Pool Party & Pool Hire Availability

Community Club Hire

Private Hire- School Swimming - Please be aware that a length swim/public swim will take place in the competition pool 09.00-12.00 and 13.00-15.30 during Kirklees school holidays instead of school swimming.

For private hire please contact 01484 766269.

KAL Swim Performance

KAL Swim Performance provides the training framework for athletes to train to the highest standards in British Swimming and long term athlete development. Athletes are invited to join the programme through talent identification.

Useful Information

Training Pool Size: 20m x 8.5m and pool depth 0-1.8m movable floor.

Competition Pool: 25m x 17.5m and pool depth 1.1m - 1.8m.

Facilities: Family changing facilities with baby changing facilities in both male and female changing rooms. To operate the lockers customers need a £1 coin which is returnable.

Disabled access: Full disabled access to the building, disabled changing room and shower and unisex available.

Notes: Please note that pool change-overs are included within the timetable at the beginning of each session. All swimmers are asked to shower before entering the pool and to wear a swimming cap while using the pool. After each session all swimmers must exit the pool area before the next session commences. Timetables are subject to change without prior notice. Pool timetable changes will be found online and advertised in site.

No Shoe Policy: In order to keep our changing rooms clean and safe please remove all outdoor footwear prior to entering and leaving the poolside changing rooms.

For more information

Call: 01484 766269

Email: huddersfield.lc@kal.org.uk

www.kal.org.uk



Pool entry available via hoist

KAL