

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.

Fun /Family Swim - Fun pool sessions which may include toys and equipment. Open to families and children.

Mini Splash & Play - This is a fun session for families with children 5 years and under.

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

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.

KAL Swim Academy - Award winning Junior Swimming Lesson Programme delivers lessons for all ages and abilities following the ASA framework. 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 over. Includes full range of aquatic skills and water safety.

KAL Training Academy - Introduction into competitive swimming.

Junior Swimfit - A non-competitive swimming fitness session for young people aged between 10 years and 16 years.

In addition to swimming you can take fitness into the pool with our range of classes.

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.

Family Swimfit - Coach led or self motivated sessions which give you the opportunity to increase your swimming fitness levels with assistance of programme cards. Sessions available for juniors, adults and families.

Gymfit - A high intensity workout, taking your gym style workout to the pool.

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

Aquababies - A drop in session aimed at parents and children 0-5yrs to develop water confidence in a fun and enjoyable environment with instructor led activities.

Mainly Ladies - These sessions are aimed for mainly female adult swimmers.

Pool Party & Pool Hire Availability

Community Club Hire

Lane Hire Available

School Swimming

For private hire please contact 01484 766365

Useful Information

Pool Size: 20m x 8m and pool depth 0.9m - 2m

Facilities: Baby changing facilities in both male and female changing rooms and coin operated hairdryers. 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.

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.

Holmfirth Pool & Fitness Centre

Huddersfield Road,
Thongsbridge,
Holmfirth,
HD9 3JL

For more information

Ring: 01484 766365

Email: holmfirth.pool@kal.org.uk

www.kal.org.uk



Pool entry available
via hoist

HOLMFIRTH
POOL &
FITNESS CENTRE

**POOL
PROGRAMME**

1st Sep 2017 - 31st Mar 2018

KAL

KAL



POOL PROGRAMME

Please note extra activities will be added to the swimming programme during the school holidays.
Please visit the website for more information www.kal.org.uk

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
MONDAY		Length Swim 07.00-08.45	Public Swim 08.45-09.45	Aqua Fit 09.45-10.30	Aqua Med 10.30-11.15	KAL Swim Academy 11.15-12.15	Length Swim 12.15-13.30	Aqua Med 13.30-14.15			Public Swim 15.30-16.30	Junior Swimfit 16.45-17.30	KAL Training Academy 17.30-18.30	Aqua Fit 18.30-19.15	Deep Aqua Fit 19.15-20.00	Swimfit 20.15-21.15	Length Swim 21.15-22.00
TUESDAY		Length Swim 07.00-09.00	Public Swim (Mainly Ladies) 09.00-10.30	Public Swim 10.30-12.00	Length Swim 12.00-13.00	Mini Splash & Play 13.00-13.45	KAL Swim Academy 13.45-14.45	Aqua Med 14.45-15.30			KAL Swim Academy 16.00-19.00			Swimfit/Gymfit 19.15-20.00	Aqua Fit 20.00-20.45	Length Swim 20.45-22.00	
WEDNESDAY		Length Swim 07.00-09.00	School Swimming 09.00-12.00			Length Swim 12.00-13.00	School Swimming 13.00-16.00				KAL Swim Academy 16.00-18.00	Public Swim 18.00-19.00	Aqua Fit 19.00-19.45	Adult Learn 2 Swim 19.45-21.15	Length Swim 21.15-22.00		
THURSDAY		Length Swim 07.00-09.00	Public Swim 09.00-10.00	Aquababies 10.00-11.00	Public Swim (Adults Only) 11.00-12.00	Length Swim 12.00-13.15	Adult Learn 2 Swim 13.15-14.00	Aqua Fit 14.00-14.45	Aqua Med 14.45-15.30		KAL Swim Academy 16.00-19.15			Public Swim 19.15-20.30	Length Swim 20.30-22.00		
FRIDAY		Length Swim 07.00-09.00	Public Swim 09.00-10.30	KAL Swim Academy 10.30-11.30		Length Swim 12.00-13.00	School Swimming 13.00-16.00				Public Swim 16.00-17.00	KAL Training Academy 17.00-18.00 KAL Swim Academy 17.00-18.00	KAL Swim Academy 18.00-19.00	Family Swimfit 19.00-19.45	Length Swim 19.45-20.45		
SATURDAY			KAL Swim Academy 08.00-15.00								Length Swim 15.00-16.00	Fun Swim 16.00-17.00	Public Swim 17.00-18.00				
SUNDAY		Length Swim 08.00-09.00	Fun Swim 09.00-10.00	Public Swim 10.00-11.00	Fun Swim 11.00-12.00	KAL Swim Academy 12.00-16.45						Community Club Hire 16.45-18.15					