

## SWIMMING

### Why is exercising in the water good for you?

Exercising in water has been proven to improve the circulation of blood around the body to reduce stress as the water provides a massaging effect to the body, this can reduce muscle tension and leaves the body feeling less stressed!

## EARLY BIRDS

Early birds is a length swimming session early in a morning to make you feel fit, toned, alert and ready for the day ahead.

Monday to Friday	7.00 - 9.00am
Sunday	8.00 - 9.00am

## LADIES LEISURE

During the Ladies Leisure morning the deep end of the pool will be devoted to ladies only.

Tuesday	11.00am - 12.00noon
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## ADULT ONLY EVENING SESSION

For adults who wish to relax away from the stresses of everyday life.

Tuesday	8.05 - 10.00pm
Wednesday	7.00 - 10.00pm

## FAMILY SESSION

Ideal for families with young children, during this session one adult can supervise 2 children under the age of 4.

Sunday	2.45 - 3.45pm
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## SWIMOBILITY DISABLED CLUB

A social club for people of all ages with disabilities. Special arrangements are made for swimmers and helpers.

Saturday	4.00 - 5.00pm
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## POOLS ADMISSION POLICY

A responsible person, aged at least 16 years, must accompany all children under the age of 8 into swimming pools. They will go into the water with the children they are accompanying. Whilst in the pool they must maintain a constant watch over the children for whom they are responsible and be in close contact with weak or non-swimmers.

One responsible person can supervise 1 child under the age of 4 or up to 2 children aged between 4 and 7 years old.

## AQUA NATAL

Gentle exercise in water for mums to be and new mums. (Please check with your GP before exercising during pregnancy). Booking required.

Tuesday	11.00am - 12.00noon
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## AQUA FIT

Ultimate low impact workout and total body toning. A refreshing form of exercise only water can provide. It is also an excellent first class to try if you are new to exercise. Non swimmers welcome. Booking required.

Monday	1.00 - 2.00pm
Thursday	7.00 - 8.00pm
Sunday	7.15 - 8.00pm

## DEEP WATER AQUA

Enjoyable class using a floatation belt and other aqua equipment. Deep water running is great for cross training and an excellent calorie burner. Water provides resistance for the body to work against which helps improve muscular strength and endurance. Booking required.

Thursday	1.00 - 1.45pm
Friday	4.15 - 5.00pm

## SWIM FIT

Consisting of structured lane swimming sessions where an instructor will be on hand to give out programmes, stroke advice and inspire participants. Swim-Fit sessions are ideal training for fitness and toning. Minimum age of 18 years old for participant

Tuesday	7.00 - 8.00pm
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## LEARN TO SWIM SCHEME

Francis Scaife Sports Centre offers the East Riding of Yorkshire Council's learn to swim scheme, open to all from babies to adults, beginners to advanced. See separate Swimming Lesson leaflet for more information

## POOL PARTIES

Let us take the stress out of your party, sit back, relax and enjoy. One hour of complete fun. Hire the whole pool, fantastic! Choose from either Inflatable Ski Slide or Float Fun session. For more details contact reception.

Saturday	3.00 - 4.00pm
Sunday	4.00 - 5.00pm

## Swimming Programme

