



Swim for Health Sessions














A swimming session for everyone, with the added benefit of a pool helper to support swimmers, with health conditions, long standing illness, a disability or wanting to improve water confidence

To book, call us on 0115 876 1600, visit one of our leisure centres, or you can just turn up to the sessions

Nottingham City leisure centres welcome customers with health conditions, long standing illness or disability to any of the swimming sessions at the seven swimming pools. However if you are looking for a little extra support, you may want to consider the NEW Swim For Health sessions



Swim for Health Sessions

-  For people looking for a quieter swim session
-  For people who haven't been swimming for a while and lack confidence in the water
-  For people with a health condition or disability
-  For those wanting to improve overall health
-  For people wanting support from a poolside helper
-  Poolside helpers are available at sessions to:
 -  Meet and greet you in reception on arrival
 -  Show you the facilities, including changing rooms, lockers and pool area
 -  Be on pool side for the duration of the swimming session
 -  Support with getting in and out of the water if required
 -  Answer any questions
 -  Give swimming technique tips or exercise guidance (e.g. walking)
 -  Advise on use of equipment if required

Site	Day	Time
Clifton Leisure Centre	Monday	6pm-7pm
Djanogly Community Leisure Centre	Monday	10.45am-11.45am
Harvey Hadden Sports Village	Sunday Friday	11.30am-12.30pm 2.30pm - 4pm
John Carroll Leisure Centre	Thursday	4.30pm-5.30pm
Ken Martin Leisure Centre	Sunday	2pm-3pm
Southglade Leisure Centre	Monday	9.30am-10.30am
Victoria Leisure Centre	Tuesday	11am-12noon