

# Hydrex Swim

Fun and fitness  
for all the family



From May 2011

act *five*  
LUTON

# Get the swimming habit it's never too late to start

**Swimming is an activity you can enjoy at any stage in life and is one of the most effective ways of staying fit and healthy. Our fully inclusive programme includes leisure swims, sessions for adults only, for women only, fun time splash, inflatable and slide sessions and much, much more.**

## It's so good for you

Swim programmes like **Swim Fit**, **Aqua Fit** and **Aqua Natal** are just three of our specialist sessions designed to help increase general fitness, improve lung capacity and help you lose weight.

**Swim Fit** is a personal water-based training programme promoted by the ASA. It's a gym style workout which can help you to maintain your health, shape up and tone, reach your peak fitness or train for competition.

If you are happier working out in a group, our **Aqua Fit** classes are an excellent way to stay in shape and work out with friends.

**Aqua Natal**, **Aqua Babies** and **Adult and Tots** sessions are a great opportunity to introduce your child to water, allowing you to exercise at the same time.

**Remember, using your Go4Less card entitles you to discount on water-based activities.**

## Swimming is for EVERYONE

Inclusive swimming is a priority for Active Luton and to ensure that both adults and children with disabilities can enjoy our swimming activities, hoists and disabled changing areas are available across the town. Our Hydra Learn programme also offers classes with additional one to one support as required. (Facilities vary from site to site so please let us know if you have specific requirements.)

## Pool Parties

Children's pool parties are a fun and simple way to ensure your child has a birthday to remember. **Splash Around** (inflatable fun) is ideal for children aged 5-12yrs and our **Power Splash** party (gladiator runs, g-force slide and diving) is for 12yrs and over.

## Hydra Learn

Learning to swim is one of the most important activities you can do, it's a life skill. Our **Hydra Learn** programme offers year round, 10 week courses. We cater for all ages and abilities, from beginners through to advanced, for adults and for children. See our **Hydra Learn** leaflet for more details.

## Hydra Membership

If you love to swim then take out a **Hydra Swim** membership package and SAVE ££££s. It's great value with unlimited access to all public swimming sessions across 4 pools.

If you are looking to add fitness to your sessions then **Hydra Swim and Trim** is the package for you. This membership offers unlimited access to water based fitness classes in addition to public swimming.

## School Holidays

Please note that pool programmes may change during school holidays. Please check with your local pool, alternatively email [info@activeluton.co.uk](mailto:info@activeluton.co.uk)

[www.activeluton.co.uk](http://www.activeluton.co.uk)



**Fun and fitness for all the family!**

# Lea Manor timetable



Fun and fitness for all the family!

TIMETABLE CORRECT AT TIME OF PRINT

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>MON</b>		Lane Swim	Staff Training	Schools	Schools	Schools	Leisure Swim	Leisure Swim	Schools	Schools	Schools	Hydra Learn	Leisure Swim	Leisure Swim	Lane Swim	Women Only	
<b>TUES</b>		Lane Swim	Lane Swim	Schools	Schools	Schools	Leisure Swim	Leisure Swim	Schools	Schools	Schools	Hydra Learn	Swim Club	Leisure Swim	Leisure Swim	Women Only	
<b>WED</b>		Lane Swim	Lane Swim	Schools	Schools	Schools	Schools	Schools	Schools	Schools	Schools	Hydra Learn	Leisure Swim	Leisure Swim	Swim Club	Lane Swim	
<b>THURS</b>		Lane Swim	Lane Swim	Schools	Schools	Schools	Schools	Swim Fit	Schools	Schools	Schools	Hydra Learn (4 - 6:45)	Leisure Swim (6 - 7.15)	Leisure Swim (6 - 7.15)	Aqua Fit (7:30 - 8.15)	Adults only	
<b>FRI</b>		Lane Swim	Lane Swim	Schools	Schools	Schools	Leisure Swim	Hydra Learn	Hydra Learn	Hydra Learn	For Private Hire	For Private Hire	Fun Time	Adults Only	Adults Only	Lane Swim	
<b>SAT</b>			Lane Swim	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Women and Children Only	Private Hire Kidz Around	Private Hire Kidz Around	Private Hire Kidz Around					
<b>SUN</b>			Lane Swim	Adults Only	Leisure Swim	Family Fun Time	Private Hire Kidz Around	Private Hire Kidz Around	Private Hire Kidz Around	Fun Time	Fun Time						

# Putteridge timetable



**Fun and fitness for all the family!**

TIMETABLE CORRECT AT TIME OF PRINT

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	9.45pm
<b>MON</b>					Schools	Schools	Schools	Schools	Schools	Aqua Natal	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Aqua Fit	Adult Lane Swim Swim Club	Adult Lane Swim (9 – 9.45)
<b>TUES</b>					Schools	Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Disabled Club (6.15 – 7.30)	Swim Club	Swim Club	Swim Club	Women Only (9 – 9.45)
<b>WED</b>					Schools	Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Swim Club	Aqua Fit	Adult Lane Swim (9 – 9.45)
<b>THURS</b>					Schools	Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Leisure Swim	Adult Lane Swim	Staff Training
<b>FRI</b>					Schools	Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Leisure Swim	Adult Lane Swim (8 – 9.45)	Adult Lane Swim
<b>SAT</b>					Swim Club	Active Families	Leisure Swim	Leisure Swim	Private Hire	Private Hire							
<b>SUN</b>					Adult Lane Swim	Adult Lane Swim	Family Fun Time	Leisure Swim	Leisure Swim	Inflatable Fun (2.15 – 3.15)	Leisure Swim						

# Lewsey timetable

TIMETABLE CORRECT AT TIME OF PRINT

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>MON</b>			Lane Swim	Lane Swim (9 – 9.45)	Schools	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Schools	50+ Swim (3.15 – 4)	Hydra Learn	Leisure Swim	Hydra Learn (4 – 7.15)	Fun Time (6.30 – 8.15)	Adults Only	Adults Only	
<b>TUES</b>			Lane Swim	Leisure Swim (9.30 – 10.30)	Leisure Swim	Aqua Babies	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Schools	Staff Training	Hydra Learn (4 – 7.15)	Hydra Learn (4 – 7.15)	Aqua Fit	Adults Only	Adults Only		
<b>WED</b>			Lane Swim	Leisure Swim (9 – 9.45)	Schools	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Schools	Schools	Hydra Learn (4 – 7.15)	Leisure Swim	Hydra Learn (4 – 7.15)	Fun Time (7.15 – 8.30)	Adults Only		
<b>THURS</b>			Lane Swim	Leisure Swim (9.30 – 10.30)	Leisure Swim	Aqua Fit (9.30 – 10.30)	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Schools	Schools	Hydra Learn	Hydra Learn	Hydra Learn	Swim Club			
<b>FRI</b>			Lane Swim	Leisure Swim (9 – 9.45)	Schools	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Lane Swim (12.15 – 1.15)	Schools	Schools	Hydra Learn	Leisure Swim	Hydra Learn	Family Fun Time (6.30 – 8.15)	Women Only		
<b>SAT</b>			Swim Club	Adult Lane Swim	Leisure Swim (10.15 – 12.45)	Fun Time (12.45 – 1.30)	Leisure Swim (10.15 – 12.45)	Fun Time (12.45 – 1.30)	Inflatable Fun (2 – 3.30)	Disabled Club							
<b>SUN</b>			Swim Club	Adult Lane Swim	Leisure Swim (11.15 – 12.15)	Fun Time (11.15 – 12.15)	Leisure Swim (12.15 – 1.00)	Fun Time (12.15 – 1.00)	Swim Club								

# Wardown Main timetable



Fun and fitness for all the family!

TIMETABLE CORRECT AT TIME OF PRINT

	6.15am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>MON</b>	Lane Swim Swim Club	Lane Swim Swim Club	Lane Swim Swim Club	Schools	Schools	Schools	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes Hydra Learn	Leisure Swim with lanes Hydra Learn	Swim Club	Swim Club	Swim Club	Canoe Club
<b>TUES</b>	Lane Swim Swim Club	Lane Swim Swim Club	Lane Swim Swim Club	Schools	Schools	Schools	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim (short lanes)	Diving Club	Hydra Learn Long lanes	Adult Lane Swim (8-9.15)	Canoe Club	Canoe Club
<b>WED</b>	Lane Swim Swim Club	Lane Swim Swim Club	Lane Swim Swim Club	Schools	Schools	Schools	POOL CLOSED 12.00 – 12.15	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim (short lanes)	Diving Club	Diving Boards	Canoe Club	Canoe Club	Canoe Club
<b>THURS</b>	Lane Swim Swim Club	Lane Swim Swim Club	Lane Swim Swim Club	Schools	Schools	Schools	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim with lanes	Diving Club	Diving Club	Diving Boards	Long lanes (8-8.45)	Sub Aqua Club	Sub Aqua Club
<b>FRI</b>	Lane Swim Swim Club	Lane Swim Swim Club	Lane Swim Swim Club	Schools	Schools	Schools	Leisure Swim with lanes	Leisure Swim with lanes	Staff Training	Leisure Swim with lanes	Leisure Swim with lanes	Leisure Swim (one lane)	Leisure Swim (one lane)	Swim Club	Swim Club	Swim Club	Swim Club
<b>SAT</b>			Diving Club	Leisure Swim with lanes	Fun Time	Fun Time	Leisure Swim + lanes	Leisure Swim with lanes	Leisure Swim with diving boards (1.15 – 2.15 and 2.30 – 3.30)	Leisure Swim with diving boards (1.15 – 2.15 and 2.30 – 3.30)	Fun Time (3.45 – 4.45)						
<b>SUN</b>				Leisure Swim with lanes	Fun Time	Fun Time	Leisure Swim + lanes	Leisure Swim with lanes	Leisure Swim with diving boards (1.15 – 2.15 and 2.30 – 3.30)	Leisure Swim with diving boards (1.15 – 2.15 and 2.30 – 3.30)	Fun Time (3.45 – 4.45)		Swim Club	Swim Club	Swim Club	Swim Club	Swim Club

# Wardown Learner timetable



Fun and fitness for all the family!

TIMETABLE CORRECT AT TIME OF PRINT

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>MON</b>			For Private Hire		Schools	Schools		Women Only (12.15 - 1.15)		For Private Hire		Hydra Learn		Swim Club			
<b>TUES</b>			For Private Hire	Hydra Learn	Schools	Schools		Women Only (12.15 - 1.15)		For Private Hire		Hydra Learn			For Private Hire		
<b>WED</b>			For Private Hire		Schools	Schools	POOL CLOSED 12.00 – 12.15			For Private Hire		Hydra Learn			For Private Hire		
<b>THURS</b>			For Private Hire		Schools	Schools		Women Only (12.15 - 1.15)	50+ Aqua Fit	For Private Hire		Hydra Learn			For Private Hire		
<b>FRI</b>			For Private Hire		Schools	Schools						Hydra Learn					
<b>SAT</b>					Hydra Learn			Women Only (1 - 1.45)	Women Only (2 - 2.45)	Adult and Tot (3 - 3.30)							
<b>SUN</b>					Hydra Learn			Women Only (1 - 1.45)	Adult and Tot (2 - 2.45)	Men Only				Swim Club			

# Where can I swim?

If you are interested in any of the exciting water based activities on offer, want to know more about specific sessions, or wish to book a pool for private hire, take a look at the list of centres below, select one that suits you and give us a call.

## Lea Manor Recreation Centre

Northwell Drive, Luton LU3 3TL  
01582 599888

## Putteridge Recreation Centre

Putteridge Road, Luton LU2 8HJ  
01582 731664

## Lewsey Park Pool

Pastures Way, Luton LU4 0PF  
01582 604244

## Wardown Swimming & Leisure Centre

Bath Road, Luton LU3 1ES  
01582 720621



### Please note:

Family Sessions – Children must be accompanied by an adult.  
Child admission policies apply, please refer to Centre.

### Enquiries and Membership Information

If you have a general enquiry or would like membership information please use the contact details below.

**Email:** [info@activeluton.co.uk](mailto:info@activeluton.co.uk)

**Membership hotline:** 08453 30 30 85

**General enquiries:** 01582 400272

**Or visit our website:** [www.activeluton.co.uk](http://www.activeluton.co.uk)