

Wardown Main timetable

	6.15-7am	7-8am	8-9am	9-10am	10-11am	11-12am	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MON	Lane Swim Swim Club	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)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Swim Club	Canoe Club
TUES	Lane Swim Swim Club	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)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Adult Lane Swim	Canoe Club
WED	Lane Swim Swim Club	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)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Canoe Club
THURS	Lane Swim Swim Club	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)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Sub-Aqua Club
FRI	Lane Swim Swim Club	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)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Canoe Club
SAT		Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)
SUN		Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)	Leisure Swim (with lanes)



Fun and fitness for all the family!

Wardown Learner timetable



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	6-7am	7-8am	8-9am	9-10am	10-11am	11-12am	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MON	For Private Hire	For Private Hire	For Private Hire	For Private Hire	Schools	Schools	Women Only	For Private Hire	For Private Hire	For Private Hire	Hydra Learn	Hydra Learn	Hydra Learn	Swim Club	Swim Club	Swim Club
TUES	For Private Hire	Hydra Learn	For Private Hire	For Private Hire	Schools	Schools	Women Only	For Private Hire	For Private Hire	For Private Hire	Schools	Hydra Learn	Hydra Learn	Hydra Learn	For Private Hire	For Private Hire
WED	For Private Hire	For Private Hire	For Private Hire	For Private Hire	Schools	Schools	For Private Hire	For Private Hire	For Private Hire	For Private Hire	For Private Hire	Hydra Learn	Hydra Learn	Hydra Learn	For Private Hire	For Private Hire
THURS	For Private Hire	For Private Hire	For Private Hire	For Private Hire	Schools	Schools	Women Only	50+ Aqua Fit	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	For Private Hire	For Private Hire
FRI	For Private Hire	For Private Hire	For Private Hire	For Private Hire	Schools	Schools	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	For Private Hire	For Private Hire
SAT					Hydra Learn	Hydra Learn	Women Only	Women Only	Women Only	Women Only	Women Only	Women Only	Women Only	Women Only	Disabled Group	For Private Hire
SUN					Hydra Learn	Hydra Learn	For Private Hire	For Private Hire	For Private Hire	For Private Hire	For Private Hire	For Private Hire	For Private Hire	For Private Hire	Swim Club	Swim Club

Where can I swim?

If you are interested in any of the exciting water based activities on offer or 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

Membership hotline: 08453 30 30 85

General enquiries: 01582 400272

Or visit our website: www.activeluton.co.uk



Hydra
Swim

Fun and fitness
for all the family

your health, your life, your choice



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 classes designed to help increase general fitness, improve lung capacity and help you lose weight.

Swim4fitness is a personal water based training session operated in partnership with Zoggs, the swim specialists. You can also add variety to these sessions by accessing the calm & stretch, tone & shape or general fitness programmes.

If you are happier working out in a group, our water based fitness classes are an excellent way to stay in shape and work out with friends.

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 4 pools. 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 age 5 – 12yrs and our **Power Splash** party (gladiator runs, g-force slide and diving) is for 12 yrs 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 Swim Membership

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

Hydra Swim and Trim Membership

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.

Free Swimming

Remember that public swimming sessions are free to those aged 16 or under and 60 or over, so there's never been a better time to take part.

School Holidays

Please note that pool programmes may change during school holidays. Please check with your local pool, alternatively email info@activeluton.co.uk

www.activeluton.co.uk

Lea Manor timetable

	6-7am	7-8am	8-9am	9-10am	10-11am	11-12am	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MON	Lane Swim			Schools	Schools		Leisure Swim	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Lane Swimming	Women Only
TUES	Lane Swim	Lane Swim		Schools	Schools		Leisure Swim	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Leisure Swim	Women Only
WED	Lane Swim	Lane Swim		Schools	Schools		Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Leisure Swim	Lane Swim
THURS	Lane Swim	Lane Swim		Schools	Schools		Swim Fit	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Aqua Fit	Adults only
FRI	Lane Swim	Lane Swim		Schools	Schools		Hydra Learn	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Fun Time Splash	Lane Swim
SAT		Lane Swim		Hydra Learn	Hydra Learn		Hydra Learn	Hydra Learn	Women & Children Only	For Private Hire						
SUN		Lane Swim		Adults Only	Leisure Swim		Family Fun Time	Leisure Swim	Kidz Around Party Hire	Fun Time Splash						



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Putteridge timetable

	6-7am	7-8am	8-9am	9-10am	10-11am	11-12am	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MON				Schools	Schools		Aqua Natal	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Aqua Fit	Adult Lane Swim
TUES				Schools	Schools		Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Disabled Club	Swim Club	Women Only
WED				Schools	Schools		Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Swim Club	Adult Lane Swim
THURS				Schools	Schools		Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Adult Lane Swim
FRI				Schools	Schools		Schools	Schools	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Leisure Swim	Adult Lane Swim
SAT		Swim Club		Active Families	Leisure Swim		Hydra Learn	Kidz Around Party Hire								
SUN				Adult Lane Swim	Family Fun Time		Family Fun Time	Leisure Swim	Family Fun Time	Inflatable Fun	Leisure Swim					



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Lewsey timetable

	6-7am	7-8am	8-9am	9-10am	10-11am	11-12am	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm
MON		Lane Swim		Leisure Swim	Schools		Lane Swim	Schools	Schools	Schools	Hydra Learn	Leisure Swim	Leisure Swim	Fun Time	Adults Only	Adults Only
TUES		Lane Swim		Leisure Swim	Leisure Swim		Lane Swim	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Swim Club	Aqua Fit	Adults Only
WED		Lane Swim		Leisure Swim	Leisure Swim		Lane Swim	Schools	Schools	Schools	Leisure Swim	Hydra Learn	Leisure Swim	Fun Time	Adults Only	Adults Only
THURS		Lane Swim		Leisure Swim	Leisure Swim		Lane Swim	Schools	Schools	Schools	Hydra Learn	Hydra Learn	Leisure Swim	Swim Club	Swim Club	Women Only
FRI		Lane Swim		Leisure Swim	Schools		Lane Swim	Schools	Schools	Schools	Leisure Swim	Leisure Swim	Leisure Swim	Swim Club	Family Fun Time	Women Only
SAT		Swim Club		Lane Swim	Fun Time		Leisure Swim	Inflatable / Slide	Kidz Around Party Hire							
SUN		Swim Club		Lane Swim	Leisure Swim		Lane Swim	Fun Time	Swim Club							



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