

# School Term Timetable

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Mon		Lane Swim		FloatFit		Aqua Fit		Schools Bookable*			Swimming Lessons			Pure Endurance Team	Adult Lessons	
Tue		Lane Swim		Aqua-Flex				Schools Bookable*			Swimming Lessons		FloatFit	Swim Club	Staff Training	
Wed		Lane Swim			Schools Bookable*	Live Strong	Swim Lessons	Schools Bookable*		FloatFit Teen	Swimming Lessons		Swim Club	FloatFit		
Thur		Lane Swim			Schools Bookable*		Aqua-Flex				Swimming Lessons			N1 Tri Club	Staff Training	
Fri		Lane Swim		Swim Lessons	Gentle Aqua	ADULT Lessons		Schools Bookable*			Swimming Lessons			Swim Club		
Sat			Swimming Lessons					Fun Splash				Party Hire				
Sun			Swimming Lessons					Fun Splash					Swim Club			

- Closed To Public
- Specialised Sessions
- Public Swimming

**Under 8's** - Children under 8 years of age must be accompanied by an adult at all times. We have an adult to under 8 ratio of 1:2

\*During public swimming time a swimming lane will be available where possible

\*Available for School hire, contact us to find out if Schools are using the Pool.

For party or general hire, please contact the reception.  
Bank holidays, please ask at reception for details of opening hours.

Our Swimming school has achieved ASA accreditation & adheres to the National Plan for Teaching Swimming. For further information please contact reception.

# School Holiday Timetable

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Mon		Lane Swim		FloatFit		Aqua Fit		Fun Splash			Swimming Lessons			Pure Endurance Team	Adult Lessons	
Tue		Lane Swim		Aqua-Flex				Fun Splash			Swimming Lessons		FloatFit	Swim Club	Staff Training	
Wed		Lane Swim				Live Strong	Swim Lessons	Fun Splash			Swimming Lessons		Swim Club	FloatFit		
Thur		Lane Swim					Aqua-Flex	Fun Splash			Swimming Lessons			N1 Tri Club	Staff Training	
Fri		Lane Swim		Swim Lessons	Gentle Aqua	ADULT Lessons		Fun Splash			Swimming Lessons			Swim Club		
Sat			Swimming Lessons					Fun Splash				Party Hire				
Sun			Swimming Lessons					Fun Splash					Swim Club			

- Closed To Public
- Specialised Sessions
- Public Swimming

**Under 8's** - Children under 8 years of age must be accompanied by an adult at all times. We have an adult to under 8 ratio of 1:2

\*During public swimming time a swimming lane will be available where possible

For party or general hire, please contact the reception.  
Bank holidays, please ask at reception for details of opening hours.

Honiton Leisure Centre  
School Lane,  
Honiton,  
EX14 1QW  
Tel: 01404 42325

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

This timetable is correct at the time of publishing, however, the timetable is subject to change so for daily information contact reception for more details.

## Activities Explained

### Classes



Aqua-Fit

This is a shallow water cardiovascular workout. Low impact, with little choreography, designed to increase the heart rate. Great workout for abdominals, buttocks and thighs - 45 minute duration.



AquaFlex

A gentle low impact class in shallow water. This is a 45 minute class to suit all fitness levels. The water reducing impact on the joints by supporting up to 85% of body weight, making it a perfect environment for those with injuries or limitations – 45 minute duration



Gentle Aqua

An excellent follow-up to physiotherapy or rehabilitation and a safe form of exercise for people with limited mobility and joint or muscle pain.



FloatFit

30 minute workout on water. Revolutionary, high intensity, low impact, cross-training workout on water using the only floating exercise mats, the aquabase.

### Activities



Swimming Lessons

Available for all ages of life. Our Swim School follows the ASA Learn to Swim programme & we also have lessons for Adults of all abilities.



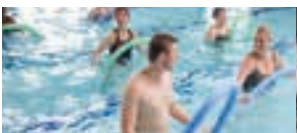
Fun Splash

LED's swimming pools make swimming fabulous fun for the kids with our inflatable FunSplash sessions! Let them catch up with friends and tire themselves out with our huge inflatable, mats, woggles and pool toys?!



Party Hire

Why not have a fun splash session for a party. All the benefits of the Funsplash but with private hire of the pool and café area.



Live Strong

An excellent follow-up to physiotherapy or rehabilitation and a safe form of exercise for people with limited mobility and joint or muscle pain.

All class times include set up / take down time. All classes subject to change.  
Customer suggestions, comments or complaints are very important to us. Please call us or email [comments@ledleisure.co.uk](mailto:comments@ledleisure.co.uk)  
All classes are INCLUDED in the UNLIMITED & AQUA memberships

Honiton Leisure Centre | School Lane, Honiton EX14 1QW | T: 01404 42325

  
**Honiton**  
Leisure Centre

# Swim Timetables

## Jan 2018



## Swimming

General Swimming


Swim School


Pool Birthday Parties

Group Exercise Classes

Fun Splash

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

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