

MANFIT Schedule at the Aquatics Centre

Weekly exclusive sessions for the year – people will be told in advance of any cancelled sessions.

***Time:* 1.00pm – 2.00pm at Manchester Aquatics Centre (leave enough time to be able get there especially if changing allow at least 30 minutes).**

***Location:* Manchester Aquatics Centre, 2 Booth Street East (off Oxford Road), Ardwick, Manchester M13 9SS**

Class Schedule:

1. Introduce yourself at the reception where you will be given the directions to the pool.
2. At least 2 dedicated trainers are available at each session.
3. Sessions are held in the training pool (which is completely private). As this pool tends to be cool (as a team trains in it) we may eventually want to move up into the diving pool (the bottom can be raised), which, although it will be exclusive to us, can be seen by others at the venue.
4. Sessions will be geared towards what everyone wants. Better swimmers can have a lane cordoned off whereas non-swimmers can be taught. People can have a serious swim or just splash about! A hoist will be available for those who want/need it.

Clothing:

1. Swimming gear.

Parking:

There are disabled parking spaces at the front of the building. You will need to enter Booth St East from Oxford road and turn left into the front entrance. Otherwise there is a multistory car park across the road.

***Contact:* 01457 854604 (Margaret Tyson) email: info@manfit.org web: www.manfit.org**

Non-swimmers please contact the trainer Michele Ashton so that she can discuss your requirements: Tel: 0161 232 3114 email: M.Ashton@manchester.gov.uk