

MANFIT Schedule at the Aquatics Centre

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

***Time:* 12.00 – 1.00pm on Mondays 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 a form to fill in for a smart card for the turnstile (unless you already have one) and 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.
- 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:

- Swimming gear.

Rules of behaviour:

MANFIT rules are made available to all new members.

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 multi-story car park across the road.

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