

# Lightwaves Leisure Centre

01924 302315 E- mail: [lightwaveslc@wakefield.gov.uk](mailto:lightwaveslc@wakefield.gov.uk)

Pick up our Lightwaves leaflet for information on Dryside Activities.

Pool party/public: pool closed to public if a pool party is taking place, please check with reception.

Aspire Fitness Centre available here

- Closed
- Lessons
- Ladies / adult only
- Fitness classes

- Aqua Feature Session
- Early Bird
- Family Swim

Staff training 3rd Weds every month 12 - 3 pm

ACTIVITIES &  
TIMES MAY  
VARY

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00									
<b>Monday</b>	Main Pool		Early Bird Swimming				Mini swimmers / Public		Aqua Features (Slide open from 12:45pm)														W.S.C	Adult Lessons																
	Teaching Pool																		Junior Lessons																					
<b>Tuesday</b>	Main Pool		Early Bird Swimming		Aqua Features (Slide open from 12:45pm)														Junior Lessons			Adult only	Ladies only																	
	Teaching Pool																		Infants / Junior Lessons																					
<b>Wednesday</b>	Main Pool		Early Bird Swimming		Aqua Features (Slide open from 12:45pm)														Aqua fit	Ladies / girls																				
	Teaching Pool																																							
<b>Thursday</b>	Main Pool		Early Bird Swimming		Aqua Features (Slide open from 12:45pm)														Family Swim	Adult only																				
	Teaching Pool																																							
<b>Friday</b>	Main Pool		Early Bird Swimming			Muscle mobility											Mini swimmers / Public	Aqua Features (slide opens at 12:45pm)				Pool Party / Public																		
	Teaching Pool																																							
<b>Saturday</b>	Main Pool	Lessons			Aqua Features (Slide open from 10.45am)										Pool Party / Public																									
	Teaching Pool		Infants / Junior Lessons																																					
<b>Sunday</b>	Main Pool	Lessons			Aqua Features (Slide open from 10.30am)										Pool Party / Public																									
	Teaching Pool		Infants / Junior Lessons																																					