

THINGS YOU NEED TO KNOW

Clothing and equipment

Normal activity clothes such as a T-shirt, sweatshirt, tracksuit bottoms and trainers are required. Swimming costumes/trunks will be required for all courses and activities in the pool. Socks must be worn for trampoline courses.

Safety and Security

Safety equipment EG buoyancy aids will be provided where necessary. There is always a qualified First-Aider on duty. Parents are advised not to allow their children to bring valuable items or large amounts of money with them.

Medical Details

Individual health records must be submitted and signed by the parent/guardian before the course commences and no child will be accepted without these details in advance. Forms are available at the time of booking or can be sent for telephone bookings. Health Questionnaires must be completed at the time of booking for the Snorkelling class, therefore NO telephone bookings can be accepted for this.

Refreshments

Drinking water is available from a water dispenser on site, but children must bring their own water bottle as cups are not supplied.

Dropping off and Collection of Children

Please ensure that children arrive on time for their activity and are collected promptly after.

Bookings

All activities are pre-bookable unless otherwise stated. Bookings can be made from Monday 5th July at the centre and by telephone (except for the

Shorkelling Sessions), but must be paid for at the time of booking. Sorry but we do not accept credit/debit card payments for less than £5. Reservations without payment will not be accepted. Cheques should be made payable to 'Bridport Leisure Centre'. Children who are P4L and have joined after 30th September 2002, pay Member rates for activities (shown as P4L*).

Childcare Policies

Copies of relevant policies are available for parents/carers including: Equal Opportunities, Inclusion, Behaviour, Medication/Sick Children and Child Protection.

Photographing Children

We occasionally have the local press in to take publicity photos. Please inform Reception if you do not wish your child to be photographed during the Holiday Activities.

Please note that we reserve the right to make any changes to the programme if required and activities may be cancelled if minimum numbers are not reached. Where refunds are due, these should be collected within one month of cancellation.



Bridport Leisure Centre

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Registered Charity Number 267781

Visit our website for the latest news, events
and timetables

www.bridportleisure.com

Summer 2010 Holiday Activities & Swimming Pool Timetable

Monday 26th July - Sunday 5th September 2010

All activities are to be pre-booked unless otherwise stated and
bookings can be taken from Monday 5th July



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Intensive Courses in Swimming

Learner Pool

These are 5-day intensive courses to help your child improve their skills and confidence in the water. They are excellent booster courses for existing pupils on our Bigfish Swim School or they can provide a good introduction to our lessons for children not currently enrolled on Bigfish. All lessons are taught by experienced, qualified ASA Swimming Teachers.

New to Swimming & Beginners

Age: 4 + years
Level: For non swimmers and children with little or no pool experience. This class will work on basic water confidence, orientation and flotation as well as introducing a variety of aids and methods of moving in the water which will allow children to attempt their first unaided swimming.

Day: Monday to Friday
Dates: 26th – 30th July
9th – 13th August
23rd – 27th August
Time: 9.00 - 09.30
Price: Non-Members £22.80
Members/P4L* £19.20
P4L FREE

Developing & Improving Swimming

Age: 4+ years
Level: For children swimming unaided on their front and back. This class continues to build on water confidence, flotation and orientation and will also develop further skills towards the swimmers stroke in front crawl, back crawl and breaststroke.

Day: Monday to Friday
Dates: 26th – 30th July
9th – 13th August
23rd – 27th August
Time: 09.30 - 10.00
Price: Non-Members £22.80
Members/P4L* £19.20
P4L FREE

Main Pool

The following swimming courses will be lead by a qualified ASA Swimming Teacher and are suitable for anyone who wants to try lessons or for those already in our Bigfish Swim School.

New & Beginners Swimming for Older Children

Age: 7 + years
Level: Suitable for older children who are weak or non-swimmers and lack confidence in the water. This course will aim to build on their confidence and ability to swim front crawl, back crawl and breast stroke as well as introducing them to treading water and other deep water activities.

Day: Tuesday to Friday
Dates: 3rd – 6th August
17th – 20th August
Time: 09.00 - 09.30
(Friday will be 09.00 – 10.00)
Price: Non-Members £22.80
Members/P4L* £19.20
P4L FREE

Developing & Improving Swimming for Older Children

Age: 7+ years
Level: For children who are confident in deep water and are able to swim 25m front crawl and back crawl. This course will continue to build on ability and stamina with the focus on stroke technique as well as including deep water activities.

Day: Tuesday to Friday
Dates: 3rd – 6th August
17th – 20th August
Time: 09.30 - 10.00
Friday will be 10.00 – 11.00)
Price: Non-Members £22.80
Members/P4L* £19.20
P4L FREE



Have A Go Snorkelling

Main Pool

One hour taster sessions run by qualified BSAC Instructors teaching the fundamentals of Snorkelling in a fun and enjoyable environment. Must be able to swim 25m front and back crawl and be confident in deep water. A Health Declaration form **must** be completed at the time of booking so we are unable to take telephone bookings for these sessions. All equipment is provided.

8-15 years

Day: Tuesdays 27th July and 3rd, 10th, 17th and 24th August
Thursdays 29th July and 5th, 12th, 19th and 26th August
Time: 15.00 – 16.00
Price: Non Members £4.10
Members/P4L* £3.20
P4L FREE

Synchronised Swimming

Main Pool

A taster session to learn the basics needed for Synchronised swimming. Need to be able to swim 25m front and back crawl and breaststroke. Should also be deep water confident. It is advisable to wear a noseclip.

Date: Tuesday 27th July
Age: 7+ years
Time: 09.00 – 10.00
Price: Non Members £4.10
Members/P4L* £3.20
P4L FREE

A 3-day course covering the modified strokes for synchronised swimming as well as the figures used for routines. It is advisable to wear a nose clip. Children must be able to swim 25m front and back crawl and breast-stroke and be confident in deep water.

Day: Monday, Tuesday, Wednesday
Date: 23rd 24th 25th August
Time: 09.00 -10.00
Age: 7+ years
Price: Non-members £12.30
Members/P4L* £9.60
P4L FREE

Diving Techniques

Main Pool

An one hour session to learn techniques for diving from the side of the pool and also to try diving from the starting blocks. Should be able to swim front and back crawl, breaststroke and be confident in deep water.

Dates: Wednesday 28th July
Tuesday 10th August
Thursday 26th August
Time: 09.00 – 10.00
Age: 7+ years
Price: Non-members £4.10
Members/P4L* £3.20
P4L FREE

Rookie Lifeguard

Main Pool

A taster session which will teach the basic techniques for personal survival and helping others in the water. Swimming costume/trunks plus T shirt and shorts required. Children must be able to swim front and back crawl 25m and be confident in deep water

Age: 7+ years
Day: Wednesday 28th July 15.00 - 16.00
Friday 13th August 09.00 - 10.00
Price: Non-members £4.10
Members/P4L* £3.20
P4L FREE



Water Polo

Main Pool

A short introduction to this fast moving, energetic fun sport. Children must be able to swim 25m and be confident in deep water.

Dates:	Thursday 12th August	
Time:	09.00 – 10.00	
Age:	7+ years	
Price:	Non-members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

Aqua Natal

Main Pool

For ante and post natal ladies. An enjoyable, safe and effective water based exercise class suitable from 16 weeks of pregnancy and 6 weeks post natal check up (normal delivery).

Day:	Thursday	
Date:	12th August	
	19th August	
	26th August	
Time:	14.00 – 14.30	
Price:	Non Members	£5.10
	Members	£3.80
	P4L	FREE

Swimming Activity Tasters

Main Pool

A fun filled 2 hours in which to try out Mini Polo, diving, synchronised swimming, starts & turns, fun races and Rookie Lifeguard. Please bring a t-shirt to wear as well as swimming trunks/costumes. Needs to be deep water confident and able to swim 25m front and backstroke.

Dates:	Friday 30th July	
	Wednesday 11th August	
	Friday 27th August	
Time:	09.00 -11.00	
Age:	7+ years	
Price:	Non-members	£7.30
	Members/P4L*	£6.40
	Free	P4L

Have A Go Gym Workshops

Gymnastics for children already on courses or anyone who just wants to 'Have a Go'. Activities will include balance, rebound, rolling and apparatus work.

Day:	Thursday 19th August	
Age/Time:	5-8 years	16.00 - 17.00
Price:	Non Members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

Tae Kwondo

Come and try this Martial Art with its fluid and dynamic style. Coached by the local Evolution Tae Kwondo team.

Dates:	Monday 9th August	
	Monday 23rd August	
Age/Time:	7-10 years	15.00 – 16.00
	11-15 years	16.00 – 17.00
Price:	Non Members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

Circuits for Kids

An hour long session for kids to come along and have a fun fitness hour doing circuits around the sports hall. This includes jumps, running, press-ups, step ups and sit ups.

Age:	8-15 years	
Day:	Monday 2nd August	
Time:	11.45 – 12.45	
Price:	Non-Members	£4.10
	Members/P4L*	£3.20
	P4L	FREE



Aerobics For Kids

A combination of dance and aerobic moves together giving a great workout for the whole body.

Age:	8-15 years	
Day:	Friday	
Date:	30th July,	
	13th August,	
	20th August	
	27th August	
Time:	15.45-16.45	
Price:	Non-Members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

Step Fit For Kids

A fun workout using step blocks for a really great workout.

Age:	8-15 years	
Day:	Monday 26th July	
	Monday 9th August	
Time:	11.45 – 12.45	
Price:	Non-Members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

Cheerleading

A fabulous, fun and funky way for kids to have a workout! Have a go at this dance routine to music using Pom-Poms.

Age:	5-7 years	
Day:	Wednesday 4th August	
Time:	13.30-14.30	
Price:	Non-members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

Age:	7-12 years	
Day:	Wednesday 4th August	
Time:	15.00-16.00	
Price:	Non-members	£4.10
	Members/P4L*	£3.20
	P4L	FREE

Sports Day Camp

Sports based active holiday camp consisting of a range of activities with a fun session in the pool each day. Children will need to bring swimming kit and a packed lunch.

Age:	8-12 years	
Dates:	Mondays 26th July, 2nd, 9th,	
	16th and 23rd August	
	Fridays 30th July, 6th, 13th,	
	20th and 27th August	
Time:	09.00 to 15.30	
Price :	Non-Members	£26.65
	Members/P4L*	£20.80
	P4L	FREE

Taster Courses in Trampolining

This is a 3-day intensive course to help your child either learn basic trampolining skills or for those with some knowledge to improve their existing trampoline skills and confidence. Both sessions are ideal booster courses for existing pupils on our trampoline courses. NB Socks must be worn.

3-5 years

Day:	Tuesday, Wednesday, Thursday	
Dates:	27th - 29th July	
	10th – 12th August	
	24th – 26th August	
Time:	11.30 – 12.00	
Price:	Non Members	£13.35
	Members/P4L*	£10.65
	P4L	FREE

6+Years

Day:	Tuesday, Wednesday, Thursday	
Dates:	27th-29th July	
	10th – 12th August	
	24th – 26th August	
Time:	12.00 - 13.00	
Price:	Non Members	£13.35
	Members/P4L*	£10.65
	P4L	FREE



Messy Arts

Have a really fun time with Themed Arts and Crafts. It is advisable for children to wear old clothes for this!

Day:	Wednesday 11th August		
Age:	5+ years		
Time:	14.30 – 15.30		
Price:	Non Members	£4.10	
	Members/P4L*	£3.20	
	P4L	FREE	

FOR THE UNDER 5'S

Parents **must** stay with their children on any session for under 5's.

Have A Go Gym Workshops

Gymnastics for children already on courses or anyone who just wants to 'Have a Go'. Activities will include balance, rebound, rolling and apparatus work.

Day:	Thursday 19th August		
Age:	3-4 years		
Time:	15.00-16.00		
Price:	Non Members	£4.10	
	Members/P4L*	£3.20	
	P4L	FREE	



Messy Arts

Have a really fun time with Themed Arts and Crafts. It is advisable for children to wear old clothes for this!

Day:	Wednesday 11th August		
Age:	3-5 years		
Time:	13.00-14.00		
Price:	Non Members	£4.10	
	Members/P4L*	£3.20	
	P4L	FREE	

Gym Tots

Level 1 (0 - 18 months)

Designed to widen the child's horizon mentally, socially and physically in a challenging, fun-filled and safe environment. Parents are actively encouraged to participate and the more you do, the more your child will benefit. Even children not yet walking can be highly stimulated by watching and listening.

Level 2 (18 - 36 months)

These sessions are more structured and will help your child to adjust to a teaching situation. The bias is towards educating both parent and child in the safe use of large apparatus. Time is also spent developing co-ordination skills such as jumping, rolling and balancing.

Dates:	Tuesday 27th July, and 3rd, 10th, 17th and 24th August		
	Thursday 5th and 19th August		
Time:	Level 1	12.30 – 13.30	
	Level 2	13.30 – 14.30	
Price:	Non-Member	£4.10	
	Member/P4L	£2.80	
		(Member rate is based on the adult being the member)	



Pre-School Gymnastics Have-A-Go

A transitional gym session in a fun freeplay environment which encourages children to learn to respond to a teacher. Ideal for pre-school children.

Day:	Thursday 19th August		
Age:	3 – 4 years		
Time:	15.00 -16.00		
Price:	Non Members	£4.10	
	Members/P4L*	£3.20	
	P4L	FREE	

Mini Monsters

Have a bounce and a play on our giant bouncy castle and our soft play and toys. Parents must be present during the whole session. No booking needed, just pay and play on the day.

Day:	Tuesday 31st August		
	Fridays		
	30th July,		
	6th, 13th, 20th, 27th August		
	3rd September		
Age:	Under 5's		
Time:	10.00 - 11.00		
Price:	Non Members	£4.00	
	Members/P4L*	£2.70	
	P4L	FREE	
		(Member rate is based on the adult being the member)	



Ducklings

A fun session of games and songs to help build water confidence. Parents/carers must accompany children in the water. No booking needed, just pay and swim on the day.

Day:	Every Monday and Thursday		
Age:	Level 1	6 months - 18 months	
	Level 2	18 months – 3 years	
Time:	Level 1/2	Monday 10.00 - 10.30	
	Level 1	Thursday 10.00 - 10.30	
	Level 2	Thursday 10.30 - 11.00	
Price:	Non Members	£3.80	
	Members/P4L*	£2.50	
	P4L	FREE	
		(Member rate is based on the adult being the member)	



Holiday Swimming Pool Timetable

Monday 26th July - Sunday 5th September 2010

Monday 26th July

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 21.30	Public Swimming	10.00 - 10.30	Ducklings
09.15 - 10.00	Simply Aqua (Half Pool)	10.30 - 11.30	Swim Lessons
10.00 - 11.00	50+ (Half Pool)	11.30 - 16.00	Public Swimming
11.30 - 12.00	Aquafit (Half Pool)	13.30 - 14.30	Fun Session
13.30 - 14.30	Inflatable Session	16.00 - 18.30	Swim Lessons
16.00 - 18.00	Swim Lessons (2 lanes)	18.30 - 19.30	Public Swimming
18.00 - 19.00	Swim Course (Half Pool)		

Tuesday 27th July

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 10.00	Public Swimming	10.00 - 14.00	Public Swimming
09.00 - 10.00	Synchro Swim (Half Pool)	11.00 - 12.00	Fun Session
10.00 - 11.00	Adult Lessons	14.00 - 15.00	Lessons
11.00 - 12.00	Inflatable Session	15.00 - 15.30	Public Swimming
11.00 - 19.00	Public Swimming	15.30 - 18.00	Lessons
15.00 - 16.00	Snorkelling (Half Pool)	18.00 - 19.00m	Public Swimming
16:00 - 18.00	Lessons (2 Lanes)		
19.00 - 20.00	Aquafit		
20.00 - 21.30	Adults Only		

Wednesday 28th July

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 21.30	Public Swimming	10.00 - 10.30	Public Swimming
09.00 - 10.00	Diving Taster (2 Lanes)	10.30 - 11.00	Private Booking
11.30 - 12.00	Aquafit (Deep end of Pool)	11.00 - 15.40	Public Swimming
13.30 - 14.30	Inflatable session	13.30 - 14.30	Fun Session
15.00 - 16.00	Rookies (2 Lanes)	15.40 - 19.00	Lessons
16.00 - 18.00	Lessons (2 Lanes)		

Thursday 29th July

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 19.00	Public Swimming	10.00 - 11.00	Ducklings
10.00 - 11.00	50+ Swim (Half Pool)	11.00 - 14.00	Public Swimming
11.00 - 12.00	Inflatable session	11.00 - 12.00	Fun Session
15.00 - 16.00	Snorkelling (Half Pool)	14.00 - 15.00	Lessons
16.00 - 18.00	Lessons (2 Lanes)	15.00 - 15.40	Public Swimming
18.00 - 19.00	Swim Clinic (2 Lanes)	15.40 - 16.00	Lessons
19.00 - 20.00	Aquafit	18.00 - 19.00	Public Swimming
20.00 - 21.30	Adult Fitness (Half Pool)		
20.00 - 21.30	Adults Only		

Friday 30th July

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 19.00	Public Swimming	10.00 - 14.30	Public Swimming
09.00 - 11.00	Swim Taster (2 Lanes)	13.30 - 14.30	Fun Session
11.30 - 12.00	Aquafit (Half Pool)	14.30 - 15.00	Lessons
13.30 - 14.30	Inflatable session	15.00 - 16.00	Public Swimming
15.00 - 15.45	Simply Aqua (Half Pool)	16.00 - 18.00	Lessons
16.00 - 18.30	Lessons (2 Lanes)	18.00 - 19.00	Public Swimming

Saturday 31st July

Main Pool		Learner Pool	
08.30 - 16.00	Public Swimming	08.30 - 11.00	Lessons
08.30 - 11.00	Lessons (Half Pool)	11.00 - 16.00	Public Swimming
11.00 - 12.00	Inflatable session	11.00 - 12.00	Fun Session

Sunday 1st August

Main Pool		Learner Pool	
08.00 - 09.00	Adults Only	09.00 - 16.00	Public Swimming
09.00 - 17.30	Public Swimming	13.30 - 14.30	Fun Session
13.30 - 14.30	Fun Session	16.00 - 17.30	Lessons

Monday 2nd August

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	9.00 - 10.00	Public Swimming
09.00 - 21.30	Public Swimming	10.00 - 10.30	Ducklings
09.15 - 10.00	Simply Aqua (Half Pool)	10.30 - 11.30	Swim Lessons
10.00 - 11.00	50+ Swim (Half Pool)	11.30 - 16.00	Public Swimming
11.30 - 12.00	Aquafit (Half Pool)	13.30 - 14.30	Fun Session
13.30 - 14.30	Inflatable Session	16.00 - 18.30	Swim Lessons
16.00 - 18.00	Swim Lessons (2 lanes)	18.30 - 19.30	Public Swimming
18.00 - 19.00	Swim Course (Half Pool)		



Swimming Pool Opening Times Continued...

Tuesday 3rd August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 10.00	Public Swimming
09.00 - 10.00	Swim Courses (2 Lanes)
10.00 - 11.00	Adult Lessons
11.00 - 12.00	Inflatable Session
11.00 - 19.00	Public Swimming
15.00 - 16.00	Snorkelling (Half Pool)
16.00 - 18.00	Lessons (2 Lanes)
19.00 - 20.00	Aquafit
20.00 - 21.30	Staff Training (2 Lanes)
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.30	Public Swimming
15.30 - 16.00	Lessons
18.00 - 19.00	Public Swimming

Wednesday 4th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
09.00 - 10.00	Swim Courses (2 Lanes)
11.30 - 12.00	Deep Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
16.00 - 18.00	Lessons (2 Lanes)

Learner Pool

09.00 - 10.30	Public Swimming
10.30 - 11.00	Private Booking
11.00 - 15.40	Public Swimming
13.30 - 14.30	Fun Session
15.40 - 19.00	Lessons

Thursday 5th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 19.00	Public Swimming
09.00 - 10.00	Swim Courses (2 Lanes)
10.00 - 11.00	50+ (Half Pool)
11.00 - 12.00	Inflatable session
15.00 - 16.00	Snorkelling (Half Pool)
16.00 - 18.00	Lessons (2 Lanes)
18.00 - 19.00	Swim Clinic (2 Lanes)
19.00 - 20.00	Aquafit
20.00 - 21.30	Adult Fitness (Half Pool)
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 10.00	Public Swimming
10.00 - 11.00	Ducklings
11.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.40	Public Swimming
15.40 - 16.00	Lessons
16.00 - 19.00	Public Swimming

Friday 6th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
09.00 - 11.00	Swim Courses (2 Lanes)
11.30 - 12.00	Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
15.00 - 15.45	Simply Aqua (Half Pool)
16.00 - 18.30	Lessons (2 Lanes)

Learner Pool

09.00 - 14.30	Public Swimming
13.30 - 14.30	Fun Session
14.30 - 15.00	Lessons
15.00 - 16.00	Public Swimming
16.00 - 18.00	Lessons
18.00 - 19.00	Public Swimming

Saturday 7th August

Main Pool

08.30 - 16.00	Public Swimming
08.30 - 11.00	Lessons (2 Lanes)
11.00 - 12.00	Inflatable session

Learner Pool

08.30 - 11.00	Lessons
11.00 - 16.00	Public Swimming
11.00 - 12.00	Fun Session

Sunday 8th August

Main Pool

08.00 - 09.00	Adults Only
09.00 - 17.30	Public Swimming
13.30 - 14.30	Fun Session

Learner Pool

09.00 - 16.00	Public Swimming
13.30 - 14.30	Fun Session
16.00 - 17.30	Lessons

Monday 9th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 09.30	Public Swimming
09.15 - 10.00	Simply Aqua (Half Pool)
10.00 - 11.00	50+ Swim (Half Pool)
11.30 - 12.00	Aquafit (Half Pool)
13.30 - 14.30	Inflatable Session
16.00 - 18.00	Swim Lessons (2 lanes)
18.00 - 19.00	Swim Courses (Half Pool)

Learner Pool

09.00 - 10.00	Swim Courses
10.00 - 10.30	Ducklings
10.30 - 11.30	Swim Lessons
11.30 - 16.00	Public Swimming
13.30 - 14.30	Fun Session
16.00 - 18.30	Swim Lessons
18.30 - 19.30	Public Swimming

Tuesday 10th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 10.00	Public Swimming
09.00 - 10.00	Diving Taster (2 lanes)
10.00 - 11.00	Adult Lessons
11.00 - 12.00	Inflatable Session
12.00 - 19.00	Public Swimming
15.00 - 16.00	Snorkelling (Half Pool)
16.00 - 18.00	Lessons
19.00 - 20.00	Aquafit
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 10.00	Swim Courses
10.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.30	Public Swimming
15.30 - 18.00	Lessons
18.00 - 19.00	Public Swimming



Swimming Pool Opening Times Continued...

Wednesday 11th August

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 19.00	Public Swimming	10.00 - 10.30	Public Swimming
09.00 - 11.00	Swim Taster (Half Pool)	10.30 - 11.00	Private Booking
11.30 - 12.00	Deep Aquafit (Half Pool)	11.00 - 15.40	Public Swimming
13.30 - 14.30	Inflatable session	13.30 - 14.30	Fun Session
16.00 - 18.00	Lessons (2 Lanes)	15.40 - 19.00	Lessons

Thursday 12th August

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 21.00	Public Swimming	10.00 - 11.00	Ducklings
09.00 - 10.00	Water Polo (Half Pool)	11.00 - 14.00	Public Swimming
11.00 - 12.00	Inflatable session	11.00 - 12.00	Fun Session
14.00 - 14.30	Aqua Natal (Half Pool)	14.00 - 15.00	Lessons
15.00 - 16.00	Snorkelling (Half Pool)	15.00 - 15.40	Public Swimming
16.00 - 18.00	Lessons (2 Lanes)	15.40 - 16.00	Lessons
18.00 - 19.00	Swim Clinic (2 Lanes)	18.00 - 19.00	Public Swimming
19.00 - 20.00	Aquafit		
20.00 - 21.30	Adult Fitness (Half Pool)		
20.00 - 21.30	Adults Only		

Friday 13th August

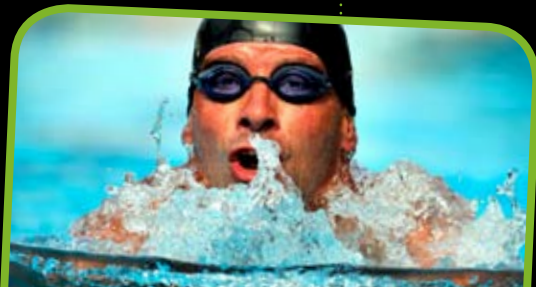
Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Swim Courses
09.00 - 21.30	Public Swimming	10.00 - 14.30	Public Swimming
09.00 - 10.00	Rookies (Half Pool)	13.30 - 14.30	Fun Session
11.30 - 12.00	Aquafit (Half Pool)	14.30 - 15.30	Lessons
13.30 - 14.30	Inflatable session	15.00 - 16.00	Public Swimming
15.00 - 15.45	Simply Aqua (Half Pool)	16.00 - 18.00	Lessons
16.00 - 18.30	Lessons (2 Lanes)	18.00 - 19.00	Public Swimming

Saturday 14th August

Main Pool		Learner Pool	
08.30 - 16.00	Public Swimming	08.30 - 11.00	Lessons
08.30 - 11.00	Lessons (2 Lanes)	11.00 - 16.00	Public Swimming
11.00 - 12.00	Inflatable session	11.00 - 12.00	Fun Session

Sunday 15th August

Main Pool		Learner Pool	
08.00 - 09.00	Adults Only	09.00 - 16.00	Public Swimming
09.00 - 17.30	Public Swimming	13.30 - 14.30	Fun Session
13.30 - 14.30	Fun Session	16.00 - 17.30	Lessons



Monday 16th August

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 10.00	Public Swimming
09.00 - 21.30	Public Swimming	10.00 - 10.30	Ducklings
09.15 - 10.00	Simply Aqua (Half Pool)	10.30 - 11.30	Swim Lessons
10.00 - 11.00	50+ Swim (Half Pool)	11.30 - 16.00	Public Swimming
11.30 - 12.00	Aquafit (Half Pool)	13.30 - 14.30	Fun Session
13.30 - 14.30	Inflatable Session	16.00 - 18.30	Swim Lessons
16.00 - 18.00	Swim Lessons (2 lanes)	18.30 - 19.30	Public Swimming
18.00 - 19.00	Swim Courses (Half Pool)		

Tuesday 17th August

Main Pool		Learner Pool	
07.15 - 09.00	Adults Only	09.00 - 14.00	Public Swimming
09.00 - 10.00	Public Swimming	11.00 - 12.00	Fun Session
09.00 - 10.00	Swim Courses (2 lanes)	14.00 - 15.00	Lessons
10.00 - 11.00	Adult Lessons	15.00 - 15.30	Public Swimming
11.00 - 12.00	Inflatable Session	15.30 - 18.00	Lessons
11.00 - 19.00	Public Swimming	18.00 - 19.00	Public Swimming
15.00 - 16.00	Snorkelling (Half Pool)		
16.00 - 18.00	Lessons (2 Lanes)		
19.00 - 20.00	Aquafit		
20.00 - 21.30	Adults Only		



Swimming Pool Opening Times Continued...

Wednesday 18th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
09.00 - 10.00	Swim Courses (2 Lanes)
11.30 - 12.00	Deep Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
16.00 - 18.00	Lessons (2 Lanes)

Learner Pool

09.00 - 10.30	Public Swimming
10.30 - 11.00	Private Booking
11.00 - 15.40	Public Swimming
13.30 - 14.30	Fun Session
15.40 - 19.00	Lessons

Thursday 19th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 19.00	Public Swimming
09.00 - 10.00	Swim Courses (2 Lanes)
10.00 - 11.00	50+ Swim (Half Pool)
11.00 - 12.00	Inflatable session
14.00 - 14.30	Aqua Natal (Half Pool)
15.00 - 16.00	Snorkelling (Half Pool)
16.00 - 18.00	Lessons (2 Lanes)
18.00 - 19.00	Swim Clinic (2 Lanes)
19.00 - 20.00	Aquafit
20.00 - 21.30	Adult Fitness (Half Pool)
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 10.00	Crash Courses
10.00 - 11.00	Ducklings
11.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.40	Public Swimming
15.40 - 18.00	Lessons
18.00 - 19.00	Public Swimming

Friday 20th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
09.00 - 11.00	Swim Courses (2 Lanes)
11.30 - 12.00	Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
15.00 - 15.45	Simply Aqua (Half Pool)
16.00 - 18.30	Lessons (2 Lanes)

Learner Pool

09.00 - 14.30	Public Swimming
13.30 - 14.30	Fun Session
14.30 - 15.00	Lessons
15.00 - 16.00	Public Swimming
16.00 - 18.00	Lessons
18.00 - 19.00	Public Swimming

Saturday 21st August

Main Pool

08.30 - 16.00	Public Swimming
08.30 - 11.00	Lessons (2 Lanes)
11.00 - 12.00	Inflatable session

Learner Pool

08.30 - 11.00	Lessons
11.00 - 16.00	Public Swimming
11.00 - 12.00	Fun Session

Sunday 22nd August

Main Pool

08.00 - 09.00	Adults Only
09.00 - 17.30	Public Swimming
13.30 - 14.30	Fun Session

Learner Pool

09.00 - 16.00	Public Swimming
13.30 - 14.30	Fun Session
16.00 - 17.30	Lessons

Monday 23rd August

Main Pool

07.15 - 09.00	Adults Only
09.15 - 10.00	Simply Aqua (Sharing)
09.00 - 10.00	Synchro Course (Half Pool)
09.00 - 21.30	Public Swimming
10.00 - 11.00	50+ Swim (Half Pool)
11.30 - 12.00	Aquafit (Half Pool)
13.30 - 14.30	Inflatable Session
16.00 - 18.00	Swim Lessons (2 lanes)
18.00 - 19.00	Swim Courses (Half Pool)

Learner Pool

09.00 - 10.00	Swim Courses
10.00 - 10.30	Ducklings
10.30 - 11.30	Swim Lessons
11.30 - 16.00	Public Swimming
13.30 - 14.30	Fun Session
16.00 - 18.30	Swim Lessons
18.30 - 19.30	Public Swimming

Tuesday 24th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 10.00	Public Swimming
09.00 - 10.00	Synchro (Half Pool)
10.00 - 11.00	Adult Lessons
11.00 - 12.00	Inflatable Session
11.00 - 19.00	Public Swimming
15.00 - 16.00	Snorkelling (Half Pool)
16.00 - 18.00	Lessons (2 Lanes)
19.00 - 20.00	Aquafit
19.00 - 20.30	Club (2 Lanes)
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 10.00	Swim Courses
10.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.30	Public Swimming
15.30 - 18.00	Lessons
18.00 - 19.00	Public Swimming



Swimming Pool Opening Times Continued...

Wednesday 25th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
09.00 - 11.00	Synchro Course (Half Pool)
11.30 - 12.00	Deep Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
16.00 - 18.00	Lessons (2 Lanes)

Learner Pool

09.00 - 10.00	Swim Courses
10.00 - 10.30	Public Swimming
10.30 - 11.00	Private Booking
11.00 - 15.40	Public Swimming
13.30 - 14.30	Fun Session
15.40 - 19.00	Lessons

Thursday 26th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 19.00	Public Swimming
09.00 - 10.00	Diving Taster (Half Pool)
10.00 - 11.00	50+ Swim (Half Pool)
11.00 - 12.00	Inflatable session
14.00 - 14.30	Aqua Natal (Half Pool)
15.00 - 16.00	Snorkelling (Half Pool)
16.00 - 18.00	Lessons (2 Lanes)
18.00 - 19.00	Swim Clinic (2 Lanes)
19.00 - 20.00	Aquafit
20.00 - 21.30	Adult Fitness (Half Pool)
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 10.00	Swim Courses
10.00 - 11.00	Ducklings
11.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.40	Public Swimming
15.40 - 18.00	Lessons
18.00 - 19.00	Public Swimming

Friday 27th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
09.00 - 11.00	Swim Taster (Half Pool)
11.30 - 12.00	Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
15.00 - 15.45	Simply Aqua (Half Pool)
16.00 - 18.30	Lessons (2 Lanes)

Learner Pool

09.00 - 10.00	Swim Courses
10.00 - 14.30	Public Swimming
13.30 - 14.30	Fun Session
14.30 - 15.00	Lessons
15.00 - 16.00	Public Swimming
16.00 - 18.00	Lessons
18.00 - 19.00	Public Swimming

Saturday 28th August

Main Pool

08.30 - 16.00	Public Swimming
08.30 - 11.00	Lessons (2 Lanes)
11.00 - 12.00	Inflatable session

Learner Pool

08.30 - 11.00	Lessons
11.00 - 16.00	Public Swimming
11.00 - 12.00	Fun Session



Sunday 29th August

Main Pool

08.00 - 09.00	Adults Only
09.00 - 17.30	Public Swimming
13.30 - 14.30	Fun Session

Learner Pool

09.00 - 04.00	Public Swimming
13.30 - 14.30	Fun Session
16.00 - 17.30	Lessons

Monday 30th August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
10.00 - 11.00	50+ Swim (Half Pool)
13.30 - 14.30	Inflatable Session
16.00 - 18.00	Swim Lessons (2 lanes)
18.00 - 19.00	Swim Courses (Half Pool)

Learner Pool

09.00 - 10.00	Public Swimming
10.00 - 10.30	Ducklings
10.30 - 11.30	Swim Lessons
11.30 - 16.00	Public Swimming
13.30 - 14.30	Fun Session
16.00 - 18.30	Swim Lessons
18.30 - 19.30	Public Swimming

Tuesday 31st August

Main Pool

07.15 - 09.00	Adults Only
09.00 - 10.00	Public Swimming
10.00 - 11.00	Adult Lessons
11.00 - 12.00	Inflatable Session
12.00 - 19.00	Public Swimming
16.00 - 18.00	Lessons (2 Lanes)
19.00 - 20.00	Aquafit
16.00 - 18.00	Lessons (2 Lanes)
19.00 - 20.00	Aquafit
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.30	Public Swimming
15.30 - 18.00	Lessons
18.00 - 19.00	Public Swimming



Swimming Pool Opening Times Continued...

Wednesday 1st September

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
11.30 - 12.00	Deep Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
16.00 - 18.00	Lessons (2 Lanes)

Learner Pool

09.00 - 10.30	Public Swimming
10.30 - 11.00	Private Booking
11.00 - 15.40	Public Swimming
13.30 - 14.30	Fun Session
15.40 - 19.00	Lessons

Thursday 2nd September

Main Pool

07.15 - 09.00	Adults Only
09.00 - 19.00	Public Swimming
10.00 - 11.00	50+ Swim (Half Pool)
11.00 - 12.00	Inflatable session
16.00 - 18.00	Lessons (2 Lanes)
18.00 - 19.00	Swim Clinic (2 Lanes)
19.00 - 20.00	Aquafit
20.00 - 21.30	Adult Fitness (Half Pool)
20.00 - 21.30	Adults Only

Learner Pool

09.00 - 10.00	Public Swimming
10.00 - 11.00	Ducklings
11.00 - 14.00	Public Swimming
11.00 - 12.00	Fun Session
14.00 - 15.00	Lessons
15.00 - 15.40	Public Swimming
15.40 - 18.00	Lessons
18.00 - 19.00	Public Swimming

Friday 3rd September

Main Pool

07.15 - 09.00	Adults Only
09.00 - 21.30	Public Swimming
11.30 - 12.00	Aquafit (Half Pool)
13.30 - 14.30	Inflatable session
15.00 - 15.45	Simply Aqua (Half Pool)
16.00 - 18.30	Lessons (2 Lanes)

Learner Pool

09.00 - 14.30	Public Swimming
13.30 - 14.30	Fun Session
14.30 - 15.00	Lessons
15.00 - 16.00	Public Swimming
16.00 - 18.00	Lessons
18.00 - 19.00	Public Swimming

Saturday 4th September

Main Pool

08.30 - 16.00	Public Swimming
08.30 - 11.00	Lessons (2 Lanes)
11.00 - 12.00	Inflatable session

Learner Pool

08.30 - 11.00	Lessons
11.00 - 16.00	Public Swimming
11.00 - 12.00	Fun Session

Sunday 5th September

Main Pool

08.00 - 09.00	Adults Only
09.00 - 17.30	Public Swimming
13.30 - 14.30	Fun Session

Learner Pool

09.00 - 04.00	Public Swimming
13.30 - 14.30	Fun Session
16.00 - 17.30	Lessons

Inflatable & Fun Sessions

These sessions are run during Public Swimming times and are primarily for children. Non-swimmers and swimmers with swim-aids are not allowed on the Inflatable in the Main Pool. No swim goggles or jewellery please.

Lane Swimming

Lanes will be available in the Main Pool

Every Day 12.00 - 13.30

Monday-Friday 18.00 -19.00

