

NEW Swimming Timetable

Autumn/Winter 2023

Day	7:00 - 9:00	9:15 - 10:30	10:45 - 11:30	12:00 - 13:15	13:25 - 15:00	15:00 - 15:55	16:00 - 19:00	19:00 - 19:45
Monday	Lane Swim	Disabled & Adult Only Swim	Parent & Toddler Class	Public Swim	Pool Unavailable School Swimming	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim
Tuesday	Lane Swim	Women Only Swim *	50+ Swim	Public Swim	Pool Unavailable School Swimming	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim
Wednesday	Lane Swim	Parent & Toddler Class	Women Only Aqua Class	Public Swim	Pool Unavailable School Swimming	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim
Thursday	Lane Swim	Parent & Toddler Class	Disabled & Adult Only Swim	Public Swim	Pool Unavailable Parent & Toddler Class	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim
Friday	Lane Swim	Men Only Swim ^	Women Only Swim **	Pool Unavailable	Pool Unavailable School Swimming	Adults Only Swim	Pool Unavailable Children's Swimming Lessons	Public Swim
Saturday	Lane Swim	Children's Swimming Lessons Pool Unavailable		Parent & Toddler Class		Pool Unavailable Children's Swimming Lessons		
Sunday	Lane Swim	Disabled & Adult Only Swim	Family and Public Swim	Women Only Swim *	Women Only Swim **	Women Only Swim **	Pool Unavailable Children's Swimming Lessons	

* Women and girls (boys 5 years and under)
 ** Women and girls (over 16 years old)
 *** Lane Swim with two lanes, for women and girls over 16 years.
 You must be able to swim lengths of the pool to attend this session.
 ^ Men only swim will have female lifeguards on duty
 One adult to two children under eight.
 One adult to one child under five years old.
 Children under eight years old must be accompanied by an adult.

Gym Timetable

Monday	Gym 7.00 am - 8.00 pm
Tuesday	Gym 7.00 am - 8.00 pm
Wednesday	Gym 7.00 am - 8.00 pm
Thursday	Gym 7.00 am - 8.00 pm
Friday	Gym 7.00 am - 8.00 pm
Saturday	Gym 7.00 am - 5.45 pm
Sunday	Gym 9.00 am - 2.30 pm

Gym users are required to have an induction prior to using the gym.

Inductions can be booked at reception

Children aged 11-to under 16 must be accompanied by a paying adult.

Prices

Adult	Adult Discount Scheme	Child	Child Discount Scheme
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	Adult	Adult Discount Scheme	Child	Child Discount Scheme
Pay as you go	£5.00	£3.50	£3.50	£2.50
Family swim 1 adult 1 child	£6.80	£4.75		
Family swim add adult	£3.20	£2.25		
Family swim add child			£2.30	£1.70
Aqua Fit	£5.10			
Women Only Swim Lesson	£8.00			
Parent and Toddler	£8.00			
Children's swimming lessons 1 to 1 swimming lessons 2 to 1 swimming lessons	£49.50 for a block of 6 lessons £23.00 for 1 lesson £78 block of 4 lessons £28.00 for 1 lesson £100 block of 4 lessons			

Gym	Adult	Adult Discount Scheme	Child	Child Discount Scheme
Pay as you go	£6.00	£4.60	£3.50	£2.50
Gym and Swim	£7.70	£5.60	£6.50	£5.00
Joining fee and inductions Free				

Membership	Adult	Adult Discount Scheme	Child	Child Discount Scheme
Value Monthly - Direct Debit Gym and Pool 12 months	£21.00		Child Monthly Memberships Monthly Gym AND Pool: £22.00	
Flexible Monthly - Direct Debit Gym and Pool	£25.00		Monthly Gym OR Pool : £18.00	
Value Monthly - Direct Debit Gym only 12 months	£16.00		VALUE MONTHLY: 12 month contract offering unlimited access to the gym and unlimited access to the pool during all non-instructed sessions.	
Flexible Monthly - Direct Debit Gym only	£21.00			
Value Monthly - Direct Debit Pool only 12 months	£16.00		FLEXIBLE MONTHLY: Rolling monthly contract, no tie in. Access to both the gym and pool during all public sessions during our usual opening times.	
Flexible Monthly - Direct Debit Pool only	£21.00			

Pay upfront*	Adult	Adult Discount Scheme	Child	Child Discount Scheme
Monthly gym OR pool	£25.00		3-Month gym OR pool	£70.00
Monthly gym and pool	£30.00		3-Month gym and pool	£85.00
Annual gym OR pool	£180.00		6-Month gym OR pool	£130.00
Annual gym and pool	£240.00		6-Month gym and pool	£150.00
			9-Month gym OR pool	£150.00
			9-Month gym and pool	£200.00

* We also offer 3, 6 and 9 month pay upfront memberships. All memberships exclude teacher-led classes. 10% off for NHS and all emergency services.