

"We aim to provide a progressive, quality and value for money service encouraging continued and frequent use by the community".

sawtry
●●● leisure|centre

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These services are provided by Huntingdonshire District Council.

All information is correct at the time of printing (11/08). We reserve the right to amend prices and services as described within this leaflet. Leisure Centre regulations apply.

If you require this publication in an alternative format please contact the Leisure Centre.

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Swimming Timetables

Monday 5th January to
Sunday 5th April 2009



**Huntingdonshire**
D I S T R I C T C O U N C I L

www.huntingdonshire.gov.uk/leisurecentres

Main Timetable - Monday 5th January to Sunday 5th April 2009 (excluding half term)

M	Early Bird Lanes 6.30 - 8.30	School Use 8.30 - 4.00				Junior Lessons 4.00 - 5.30	Public Swim + 1 Lane 5.30 - 6.30	Aquafit 6.30 - 7.30	Lane Swim 7.30 - 8.30	Staff Training 8.30 - 9.30	
T	Early Bird Lanes 6.30 - 8.30	School Use 8.30 - 12.15	Public Swim 12.15 - 1.00	School Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.45		Adult Lessons 7.45 - 8.30	Lane Swim 8.30 - 9.30		
W	Early Bird Lanes 6.30 - 8.30	40+ Swim 8.45 - 9.30	Aquafit 9.30 - 10.15	Baby Lessons 10.15 - 11.15	School Use 11.15 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.30		Lane Swim 7.30 - 8.30	Adult Swim 8.30 - 9.30	
T	Early Bird Lanes 6.30 - 8.30	School Use 8.30 - 12.35		Public Swim 12.40 - 1.15	School Use 1.25 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Aquafit 7.00 - 8.00	Lane Swim 8.00 - 9.30		
F	Early Bird Lanes 6.30 - 8.30	School Use 8.30 - 5.00				Public Swim 5.00 - 7.00		Lane Swim 7.00 - 8.00	Adult Swim (except on 16 Jan, 6 Feb, 6 & 20 Mar and 3 Apr) 8.00 - 9.30		
S	Adult Swim 7.30 - 8.30	Junior Lessons 8.30 - 11.00	Parents & Under 8's 11.00 - 12.00	Rookie Lifeguard 11.00 - 11.45	Public Swim 12.00 - 1.00	Private/ Party Hire* 1.15 - 2.15	Floats Fun 2.30 - 4.00		Private/ Party Hire* 4.15 - 5.15	Lane Swim 5.30 - 6.30	Public Swim 6.30 - 7.30
S	Classic Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Public Swim 11.00 - 1.00		Lane Swim 1.00 - 2.00	Private/ Party Hire* 2.15 - 3.15	Floats Fun 3.30 - 5.00		Private/ Party Hire* 5.15 - 6.15	Lane Swim 6.30 - 7.30

* If there is no party booked this will be available for a Public Swim.

Half Term Timetable - Monday 16th February to Sunday 22nd February 2009

M	Early Bird Lanes 6.30 - 8.45	Parents & Under 5's 9.00 - 10.30	NPLQ Course 10.30 - 12.00	Public Swim 12.00 - 1.15	Floats Fun 1.15 - 2.15	NPLQ Course 2.15 - 3.45	Junior Lessons 4.00 - 5.30	Public Swim 5.30 - 6.30	Aquafit 6.30 - 7.30	Lane Swim 7.30 - 8.30	Staff Training 8.30 - 9.30
T	Early Bird Lanes 6.30 - 8.45	NPLQ Course 9.00 - 10.30	Leapz & Boundz Kids Club 10.30 - 11.15	Public Swim 11.30 - 1.00	Leapz & Boundz Kids Club 1.15 - 2.15	NPLQ Course 2.15 - 3.45	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.45		Adult Lessons 7.45 - 8.30	Lane Swim 8.30 - 9.30
W	Early Bird Lanes 6.30 - 8.45	NPLQ Course 9.00 - 10.30	Leapz & Boundz Kids Club 10.30 - 11.15	Public Swim 11.30 - 1.00	NPLQ Course 1.00 - 2.30	Leapz & Boundz Kids Club 2.30 - 3.45	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.30		Lane Swim 7.30 - 8.30	Adult Swim 8.30 - 9.30
T	Early Bird Lanes 6.30 - 8.45	NPLQ Course 9.00 - 10.30	Leapz & Boundz Kids Club 10.30 - 11.45	40+ Swim 12.00 - 1.00	Leapz & Boundz Kids Club 1.15 - 2.15	NPLQ Course 2.15 - 3.45	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Aquafit 7.00 - 8.00	Lane Swim 8.00 - 9.30	
F	Early Bird Lanes 6.30 - 8.45	40+ Swim 9.00 - 10.00	Leapz & Boundz Kids Club 10.15 - 11.00	NPLQ Course 11.00 - 12.30	Public Swim 12.30 - 1.30	Leapz & Boundz Kids Club 1.45 - 2.45	Floats Fun 3.00 - 4.00	NPLQ Course 4.00 - 5.30	Public Swim 5.30 - 7.00	Lane Swim 7.00 - 8.00	Adult Swim 8.00 - 9.30
S	Adult Swim 7.30 - 8.30	Junior Lessons 8.30 - 11.00	Parents & Under 8's 11.00 - 11.45	Rookie Lifeguard 11.00 - 11.45	NPLQ Course 11.45 - 1.15	Private/ Party Hire* 1.15 - 2.15	Floats Fun 2.30 - 4.00		Private/ Party Hire* 4.15 - 5.15	Lane Swim 5.30 - 6.30	Public Swim 6.30 - 7.30
S	Classic Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Public Swim 11.00 - 1.00		Lane Swim 1.00 - 2.00	Private/ Party Hire* 2.15 - 3.15	Floats Fun 3.30 - 5.00		Private/ Party Hire* 5.15 - 6.15	Public Swim 6.30 - 7.30

* If there is no party booked this will be available for a Public Swim.

Swimming Price List

	5 - 17 YEARS	18+ YEARS	60+ YEARS
Single Swim	£2.20	£3.20	£2.20
Aquafit Class (14+ years)	-	£4.20	£4.20

- Swimming is FREE for Advantage and Classic members. Children aged under 18 of Advantage members swim FREE as well.

FREE swimming for under 5's

To help introduce children to water and learn to swim from an early age we offer **FREE** swimming for under 5's.

Swimming for under 5's FREE

- Children under 8 must be accompanied by an adult (18+) in the water. No more than two under 8's allowed with each adult.

Family Swim Pass

During weekends and school holidays there are more swimming sessions suitable for families to enjoy together. The Family Swim Pass entitles 2 adults and 2 children to swim together making a great value fun day out.

Family Swim Pass (2 adults and 2 children) £9.60

- Additional children can swim for £2.20 and under 5's swim for FREE.

30 Day Swim Pass

The 30 Day Swim Pass entitles you to 'unlimited swimming' within a 30 day period from the date of purchase.

	5 - 17 YEARS	18+ YEARS	60+ YEARS
30 Day Swim Pass	£17.50	£26.00	£17.50

- Aquafit and Aquanatal classes are not included with the 30 Day Swim Pass.

Annual Swim Pass

If you visit the swimming pool more than once a week, you could be saving money with an Annual Swim Pass. If you are 18+ this also includes **FREE** use of the sauna and steam room.

	5 - 17 YEARS	18+ YEARS	60+ YEARS
Annual Swim Pass	£144.00	£215.00	n/a

- Aquafit and Aquanatal classes are not included with the Annual Swim Pass.

Swimming Sessions

Swimming is a healthy activity that can be enjoyed by people of any age and ability. It offers a variety of health benefits and you can swim on your own or as part of a group workout.

40+ Swim

An informal swimming session for 40+ years.

Adult Swim

An informal swimming session for 18+ years.



Aquafit

A fun and energetic workout in the pool using the resistance of the water for all over toning. Suitable for 14+ years. Book up to 7 days in advance.

Classic Swim

An adult swim to the relaxing sounds of classical music.

Early Bird Lanes

Sessions where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

Family Fun

A session for parents and children to enjoy their time in the water. An adult must accompany their child in the water.

Floats Fun

A fun time for all with floats and rafts in the water.

Lane Swim

Sessions where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

Parents & Under 5's and Parents & Under 8's

Fun playtime sessions for parents of under 5's or under 8's where armbands and water toys are included.

Public Swim

Public swimming sessions.

Swimming Lessons

Learning to swim is an important skill for everyone to learn. Our 'Swim 4 Life' scheme offers a diverse range of lessons for the absolute beginner to the more confident swimmer.

Baby Swimming Lessons (6+ months)

These lessons are designed to introduce babies to aquatic activities. Classes follow the 'Swim 4 Life' scheme and involve a selection of skills such as movement of arms and legs, rolling from front to back, blowing bubbles, floating and submerging. Parents must accompany their child in the water.

Wednesdays from 7th January to 1st April

(excluding Wednesday 18th February)

10.15am – 10.45am (6+ months) £49.20 for 12 weeks

10.45am – 11.15am (18+ months) £49.20 for 12 weeks

Junior Swimming Lessons (3+ years)

We provide swimming lessons for 3+ years by following the 'Swim 4 Life' scheme. Our qualified teaching staff will help your child gain confidence, develop technique and enjoy swimming.

For the latest availability and to find out which level is suitable for your child please contact reception.

Adult Swimming Lessons

It is never too late to learn or improve on your existing skills. Learn with other adults who have the same ability as you. Classes follow the 'Swim 4 Life' scheme and are available for beginners, intermediate and advanced swimmers.

Every Tuesday evening

7.45pm – 8.30pm

£5.40 per lesson

National Pool Lifeguard Qualification (NPLQ)

This is the most widely recognised lifeguard qualification in the UK. The course is for 16+ years and provides an excellent way to start working in the leisure industry giving you valuable skills which can be used throughout your life.

Please contact reception further information about the NPLQ course taking place during spring half term.

Children's Birthday Parties

We offer a wide range of parties to entertain children of all ages for birthdays and other special occasions.

We guarantee to provide maximum enjoyment and fun, leaving you to relax and enjoy.

- Floats Fun Pool Party
- Inflatable Pool Party
- Football Party
- Indoor Sports Parties
- Bouncy Castle and Ball Pool Party
- Crazy Kat Soft Play Party

For further information please pick up copy of the 'Children's Parties' leaflet available from reception.



Customer Information

- Children under 8 must be accompanied by an adult (18+) in the water. No more than two under 8's allowed with each adult.
- During busy periods a call-out system operates. Swims may be limited to 45 minutes.
- Customers wearing swimming aids may not be allowed on the inflatables (please check with centre).
- A qualified lifeguard supervises the pool at all times.
- Entry to the deep end of the pool (also on the inflatable) is at the lifeguards discretion and will be judged on swimming ability.
- The centre is fully equipped with pool hoists, disabled toilets, changing areas and disabled car parking. Our staff are trained to help. Please phone in advance if you have any special requirements.