

# Swimming Times

## GENERAL PROGRAMME

<b>MONDAY</b>	9.00am - 10.00am	Parent & Toddler
	10.00am - 1.00pm	General Swim
	3.30pm - 5.00pm	Swimming Lessons
	5.30pm - 8.30pm	General Swim

<b>TUESDAY</b>	9.00am - 1.00pm	General Swim
	3.30pm - 5.00pm	Swimming Lessons
	5.30pm - 8.30pm	General Swim

<b>WEDNESDAY</b>	3.30pm - 5.00pm	Swimming Lessons
	5.30pm - 7.00pm	General Swim
	7.00pm - 8.00pm	Ladies Swim
	8.00pm - 9.00pm	Adult Swim

<b>THURSDAY</b>	3.30pm - 5.00pm	Swimming Lessons
	5.30pm - 8.30pm	General Swim

**FRIDAY** Closed

<b>SATURDAY</b>	8.00am - 9.30am	Swimming Lessons
	9.30am - 1.00pm	General Swim

<b>SUNDAY</b>	8.00pm - 1.00pm	General Swim
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## HALF TERM PROGRAMME

<b>MONDAY</b>	9.00am - 10.00am	Parent & Toddler
	10.00am - 1.00pm	General Swim
	5.30pm - 8.30pm	General Swim

<b>TUESDAY</b>	9.00am - 1.00pm	General Swim
	5.30pm - 8.30pm	General Swim

<b>WEDNESDAY</b>	9.00am - 1.00pm	General Swim
	5.30pm - 8.30pm	General Swim

<b>THURSDAY</b>	9.00am - 1.00pm	General Swim
	5.30pm - 8.30pm	General Swim

**FRIDAY** CLOSED

<b>SATURDAY</b>	8.00am - 1.00pm	General Swim
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<b>SUNDAY</b>	8.00am - 1.00pm	General Swim
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# Membership

An ideal way to cut costs and maintain your fitness. Membership includes an induction, personalised programme, unlimited use of the gym and pool during general swim and normal gym opening times. Children must be 14 years or older to use the fitness centre. The monthly direct debit option is for a minimum of 12 months.

## FITNESS & SWIM COMBO

- Free fitness induction
- Unlimited use of Fitness Centre (14 years & older)
- Free swimming
- Free ALCard

	Monthly Direct Debit
Adults (18-59yrs)	£19.95
(60+yrs)	£14.95
Jnr (14-17) & Full Time Student	£12.00

Further discounts available for those with or eligible for a green AL Card. Ask a member of staff for details.

## FITNESS PAY-AS-YOU-TRAIN

Customers must have a valid leisure card and attend a fitness induction before using the fitness centre.

		Purple AL Card	Green AL Card
Fitness Induction	Adult	£10.00	£5.00
	60+	£7.50	£3.75
	Jnr/Full Time Student	£6.00	£3.00
Pay As You Train	Adult	£4.00	£2.00
	60+	£3.00	£1.50
	Jnr/Full Time Student	£2.40	£1.20

# Prices

## CASUAL SWIMMING PRICES

	Full Price	Purple AL Card	Green AL Card
Adults (18 to 59 years)	<b>£2.70</b>	<b>£2.05</b>	<b>£1.05</b>
(60+ years)	<b>£2.05</b>	<b>£1.55</b>	<b>£0.80</b>
Juniors (Under 17 years)	<b>£1.60</b>	<b>£1.20</b>	<b>£0.60</b>