



Hi!

Welcome to our Summer Holiday Programme 2010.

Our Customer Service team of helpful, trained and experienced staff can assist you with a range of enquiries, swimming lessons, children's parties, aqua classes, etc.

Opening Times

Monday to Friday	7.00am – 9.00pm
Saturday	8.30am – 3.00pm
Sunday	9.00am – 2.00pm
Bank Holidays	CLOSED

(alternative swimming available at Littledown and Stokewood)

Large text copies of this brochure are available within 5 days on request from Reception.

Kinson Swimming Pool is located in the Kinson area of Bournemouth, on the corner of Kinson Road and South Kinson Drive, off Wimborne Road (A342). Yellow Buses service to Kinson Pool: 2b and 5b. Yellow Buses Information Hotline 01202 636060 or www.bybus.co.uk

Address: Kinson Swimming Pool, South Kinson Drive, Bournemouth BH11 8AA

Phone: 01202 575555

Email: kinson.swimmingpool@bhlive.co.uk

Website: www.littledowncentre.co.uk/kinson



3 day intensive swimming courses 30 minutes each lesson **£13.65** (total course time 1 1/2 hrs)

Monday 26th – Wednesday 28th July

Monday 2nd – Wednesday 4th August

Monday 9th – Wednesday 11th August

Monday 16th – Wednesday 18th August

10.00 – 10.30am	Stage 2	10.00 – 10.30am	Stage 3
10.30 – 11.00am	Stage 2	10.30 – 11.00am	Stage 3

Stage 2 Incorporates Stage 1, developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids which will be reduced as they progress and gain confidence.

Stage 3 For children who are water confident and can confidently swim five metres unaided on their front and back. They will develop stroke techniques, safe entries including submersion, progress rotation skills and water safety knowledge.

Bookings now being taken for pre school, junior and adult lessons starting in September.

Pool Price List

Under Fives	FREE
Junior/Students	£2.10
60+ Swim	£2.10
Adult Swim	£3.10
Family (2 Adults/2 Children)	£8.30
Friday Family Swim (each)	£2.10
Reduced Rate Swim	£2.10
Shower Only	£2.10
Coin for locker (returnable)	£1.00
Freestyle Swim (Blue Card)	£1.90
Saver Cards (six swims for the price of 5)	
Adult	£15.50
Concession	£10.50
Swimming lessons 1:1	£16.75
Swimming lessons 1:2	£24.25

Rookie lifeguards	£4.55
Rookie lifeguards (Freestyle Blue)	£2.70
Mini Polo	£2.70

Classes Price List

Adult & Child	£3.40
Adult & Child (Freestyle Blue)	£2.00
Aqua Active	£3.40
Aqua Active (Freestyle Blue)	£2.50
Aquarobics	£4.80
Aquarobics (Freestyle - morning classes only)	£2.90

All major Debit/Credit Cards Accepted



School Holidays



Monday 26th July - Sunday 5th September

Inflatable Fun Sessions

Fantastic fun session for under 16's with our Inflatables and giant playmats.

Cost £2.10



Adult & Child under 5yrs

'Pay as you go' session
Designed for you and your child to experience the pool environment, toys will be available and a teacher is in attendance for advice.

Cost £3.40

Kids for a Quid!

Swimming for Kids
(aged 4 months to 16 years)

Cost £1.00



Safety Notice Children aged Under 8 years must be accompanied in the water by an adult (16+ yrs). Maximum of two children per adult, Under 5's one child per adult.

Holiday Pool Timetable

Monday Closed Bank Holiday 30th August

Public Swim	7.00 – 9.00am	Public Swim	12noon – 2.00pm	Open Junior Swim Fit	7.00 – 8.00pm
Aqua Active	8.30 – 10.00am	50+ Only	2.00 – 3.00pm	Aquarobics	8.00 – 9.00pm
Swimming Lessons	10.00 – 11.00am	Public Swim (Kidz £1)	3.00 – 7.00pm		
Aquarobics	11.00 – 12noon	Inflatable	(3.30 – 4.30pm)		

Tuesday

Public Swim	7.00 – 9.00am	Aquarobics	11.00 – 12noon	Public Swim (Kidz £1)	3.00 – 8.00pm
50+ Only	9.00 – 10.00am	Public Swim	12.00 – 1.30pm	Inflatable	(3.30 – 4.30pm)
Swimming Lessons	10.00 – 11.00am	Adult & Child U5	1.30 – 3.00pm	Adults Only	8.00 – 9.00pm

Wednesday

Public Swim	7.00 – 10.00am	Aqua Active	11.00 – 12noon	Kidz £1	3.00 – 8.00pm
Swimming Lessons	10.00 – 11.00am	Public Swim	12.00 – 8.00pm	Inflatable	(3.30 – 4.30pm)
				Adults Only	8.00 – 9.00pm

Thursday

Public Swim	7.00 – 9.00am	Public Swim	12noon – 1.30pm	Public Swim (Kidz £1)	4.00 – 8.00pm
Aqua Active	9.00 – 10.00am	Adult & Child U5	1.30 – 3.00pm	Inflatable	(4.00 – 5.00pm)
Ladies Only	10.00 – 11.00am	50+ Only	3.00 – 4.00pm	Adults Only	8.00 – 9.00pm
Aquarobics	11.00 – 12noon				

Friday

Public Swim	7.00 – 10.00am	Public Swim	12noon – 8.00pm	Adults Only	8.00 – 9.00pm
Aqua Active	10.00 – 11.00am	Kidz £1	from 3pm		
50+ Only	11.00 – 12noon	Inflatable	(3.30 – 4.30pm)		

Saturday

Adults Only	8.30 – 9.30am	Inflatable	(11.00 – 12noon)	Public Swim	1.30 – 3.00pm
Public Swim	9.30 – 12.30pm	Adults Only	12.30 – 1.30pm	Inflatable	(1.30 – 2.30pm)

Sunday

Adults Only	9.00 – 10.30am	Public Swim	10.30am – 2.00pm	Inflatable	(11.00 – 12noon)
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