

THE POOL

SWIMMING LESSONS

Wet & Wacky Family Fun Sessions in the Pool

Saturday & Sunday 4.00 - 6.00pm

Have fun in the pool with inflatable swimming pool toys, giant play mats and lots of other fun equipment. Also ride the two giant waterslides, the Green Scream and Rainbow River. Background music to add to the atmosphere!

Under Fives **FREE** Juniors **£3.65** Adults **£4.65** Family **£15.00** max 2 adults/max 3 children (5-15 yrs.)

Normal pool rules and regulations apply. **No lane swimming available during these sessions***

Weekly Activities

As well as general swimming we offer the following activities through the week:

Adults Only Early Morning Swim

Mon to Fri 7.00 - 9.00am

(on occasions Bournemouth Swimming Academy, children's swimming lessons will take place between 7.30 - 9.00am).

Late Evening Swim

(14+ Years)

Mon to Fri 9.00 - 10.00pm

Lane Swimming

2 or 3 dedicated lanes for keen swimmers are available at most times with some reductions, particularly, weekdays (3.45 - 7.45pm) and weekends (9.00 - 10.30am) due to swimming lessons and the swimming club.

Pools & Waterslides Saturday & Sunday 4-6pm open for Family Fun Session only (closed for general swimming from 3.30pm)*



Pool Prices (per hour)

Under Fives	FREE
Junior	£3.10
60+ Swim	£3.40
Adult Swim	£4.10
Family Swim*	£11.30
Swim as 2nd Activity	£3.40
Water Slides	FREE

*maximum 2 adults / maximum 3 children 5 - 15 years.

Whatever your swimming ability, age or fitness level, swimming is one of the best all-round forms of exercise and great fun too!

The swimming pools and waterslides will be closed on Saturday 18th, Sunday 19th, Saturday 25th & Sunday 26th February due to Swimming Galas

Forgotten something?

Essential swimwear, goggles etc available in the shop.

Main Pool Opening Times

Monday - Friday	7.00am - 10.00pm
(Adults only)	7.00am - 9.00am
(14+ Years)	9.00pm - 10.00pm
Saturday*	9.00am - 6.00pm
Sunday*	9.00am - 6.00pm
Bank Holidays	9.00am - 6.00pm
Bank Holiday Saturday & Sundays*	9.00am - 6.00pm

*Pools & Waterslides Saturday & Sunday 4-6pm open for Family Fun Session only (closed for general swimming from 3.30pm)

Teaching Pool & Waterslides please see kids brochure. Last entry to Pool & Spa 9.15pm weekdays, 5.30pm weekends and Bank holidays.

Swimming - a gift for life!

Want to learn a new skill?

Improve your fitness and flexibility?

Learn to swim and achieve all these and more!

Swimming courses

Non-Swimmer - Develops water confidence and introduces basic stroke and skill practices.

Beginner - For swimmers able to swim 5m on front and back without aids. Increases water confidence and develops basic stroke improvement and technique.

Improver - For swimmers able to swim 1 length (25m) on back and front, improves stroke technique and water confidence.

Stroke Technique - Improve or refresh your stroke technique. For swimmers able to swim 2 lengths (50m) on back and front, develops efficient swimming skills.

Power Swim - For swimmers able to swim 100m in 3 strokes.

Focuses on stamina, technique and stroke improvement.

Swim Fit Open Session - Sundays 8.00-9.00am (able to swim 100 metres) 4 lengths back and front)

A pay as you go session (Members free) -

Fitness through swimming - working on length swimming, stamina and stroke improvement tips.

Booking Details

Not sure which course to join?

Contact **01202 436800** for more details

Price List

12 week term (30 mins) **£59.40**

12 week term (40 mins) **£73.20**

No lessons during Half Term, Monday 13th - Sunday 19th February

Tuesday 3rd Jan - 27th Mar (12 Weeks) No lessons 14th Feb - Half Term

Improver	10.40 - 11.20am (MP)	Anissa S
Beginner	11.20 - 12.00pm	Anissa S
Beginner	7.45 - 8.25pm	Jeanette F
Stroke Technique	7.45 - 8.25pm	Alison G
Improver	8.25 - 9.05pm	Jeanette F
Beginner	8.25 - 9.05pm (MP)	Alison G
Non-Swimmer	9.05 - 9.45pm (SP)	Alison G

Wednesday 4th Jan - 28th Mar (12 Weeks) No lessons 15th Feb - Half Term

Improver	11.50 - 12.30pm	Ann M
Stroke Technique	12.30 - 1.10pm	Ann M

Thursday 5th Jan - 29th Mar (12 Weeks) No lessons 16th Feb - Half Term

Improver	11.45am - 12.25pm	Jo S
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Friday 6th Jan - 30th Mar (12 Weeks) No lessons 17th Feb - Half Term

Beginner	11.40am - 12.20pm	Sally St C
Power Swim	12.20pm - 1.00pm	Sally St C
Non-Swimmer	1.30pm - 2.10pm	Sally St C

Saturday 7th Jan - 31st Mar (12 Weeks) No lessons 18th Feb - Half Term

Beginner	8.00 - 8.30am	Liz G
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Course cancellation - Courses will be subject to cancellation if there is insufficient enrolment.

Refunds - will only be considered on production of a valid Doctors certificate.



Private Swimming Lessons

Learn to swim or improve your swimming strokes and water skills whatever your ability.

One pupil to one teacher
30 mins **£18.25**

Two pupils to one teacher
30 mins **£26.75**

Book and pay for a block of 5 private lessons in advance and you will receive the 6th lesson FREE.

Please contact Bobby Storrie - Swimming Administration on 01202 436800 for more details.