

Pelhams Park  
LEISURE CENTRE

# SPRING PROGRAMME

Tuesday 3rd January - Sunday 1st April 2012

FRIENDLY GYM STAFF



LESSONS FOR ALL AGES



ARTIFICIAL FOOTBALL PITCHES



01202 437801

[www.pelhamsparkleisurecentre.co.uk](http://www.pelhamsparkleisurecentre.co.uk)

BH Live

[www.bhlive.co.uk](http://www.bhlive.co.uk)

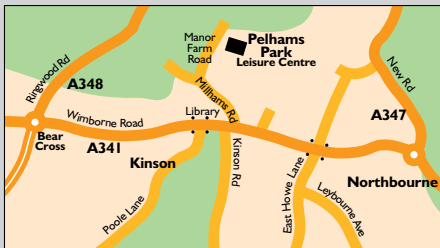
# Welcome

- 3 Artificial Football Pitches
- 3 The Terrace
- 4-5 The Gym
- 6-7 Class Descriptions
- 8-9 Class Timetable
- 10-11 Swimming Activities & Prices
- 12 Pre-School Swimming Lessons
- 13 Junior Swimming Lessons
- 14 Adult Swimming Lessons
- 14 Clubs & Therapists
- 15 Swimming Pool Timetables
- 16 Membership Packages

## Opening Times

Monday to Thursday	6.30am – 10.00pm
Friday	6.30am – 9.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 7.00pm
Bank Holidays	8.00am – 6.30pm

**Manor Farm Road, Kinson  
Bournemouth, Dorset BH10 7LF  
01202 437801  
e: [pelhamparkleisurecentre@bhlive.co.uk](mailto:pelhamparkleisurecentre@bhlive.co.uk)  
www.pelhamparkleisurecentre.co.uk**



Directions: **From New Road roundabout**, travel along Wimborne Road, through traffic lights at East Howe Lane, passing the row of shops on your right and then take right hand turning into Millhams Road (just before Library). Continue past Pelhams Park and take next turning on the right into Manor Farm Road. The Leisure Centre can be found at the end of road. **From Bear Cross**, travel along Wimborne Road, through traffic lights at Poole Lane, take first left turning past the Library then follow instructions Yellow Buses service to Pelhams: 2a, 2b, 4a, 5a & 5b. Yellow Buses Information Hotline 01202 636060 or [www.bybus.co.uk](http://www.bybus.co.uk)

## Booking activities

**Members** may book 14 days in advance, payment required at the time of booking for activities not covered by membership. Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

## Cancellations

For activities included in membership, members are required to give a minimum of 30 minutes notice to cancel a class in order not to incur full non-members payment.

This can be done:

- **By telephoning 01202 437801**
- In person at Customer Service
- Emailing using the members online cancellation form, accessible from the class timetable page of our website: [www.pelhamparkleisurecentre.co.uk](http://www.pelhamparkleisurecentre.co.uk)

- **Text us on 07537 404 707** with your full name, membership number, date, time and name of class you are cancelling

**Non Members** may book 7 days in advance, payment required at the time of booking. Bookings are not refundable but are transferable up to 2 clear days prior to activity date.

*Large text copies of this brochure are available within 5 days on request from customer service.*

**Beat the queues, Fast Track Ticket Collection available in reception for all classes.**

**Travel to Pelhams Park Leisure Centre using the cyclepath and footpath running from Kinson Hub through Pelhams Park.**

All major Debit/Credit Cards accepted, minimum spend £4



*All information correct at time of going to press. We reserve the right to amend the programme as necessary without notice.*

# Artificial Football Pitches

Eight floodlit 'all weather' new-generation rubber crumb 5-a-side pitches, fully enclosed with rebound boards for fast-paced action. The synthetic playing surface feels like grass, looks like grass and plays like grass! (Football boots are recommended, no metal studs or blades)

**Artificial Pitches** (Includes floodlights if required)

**5-a-side football pitch** (55 minute booking)

**Monday - Thursday 9.00am – 6.00pm £20.00**

**Monday - Thursday 6.00pm – 10.00pm £36.00**

**Friday, Saturday & Sunday £20.00**

- Block bookings available
- Childrens football parties
- Grass 11-a-side pitch and mini soccer pitches available to hire.

## Southern Youth Football Academy Junior Football Coaching

Saturday 9.00 - 10.00am 5-8 years

Saturday 10.00 - 11.00am 9-12 years

Tuesday 4.00 - 5.00pm 5-8 years

Tuesday 5.00 - 6.00pm 9-12 years

Tel: 01202 249352 / 07745 835702



### TENNIS

3 courts available for hire  
**£5.50** per court per hour.

### Adult and Students 5-a-side Leagues

Contact Champion Soccer on 0113 253 5800

or check out [www.championsoccer.co.uk](http://www.championsoccer.co.uk) for details.

# The Terrace café • bar

Relax after your workout on our comfortable sofas and chairs. Treat yourself to one of our speciality coffees, an Italian Panini or a naughty Danish pastry. You may prefer to enjoy a thirst quenching pint of lager or a refreshing chilled glass of wine while chatting with friends.



### Opening Hours

Monday – Thursday  
8.00am – 10.00pm

Friday  
8.00am – 8.00pm

Saturday  
8.00am – 5.00pm

Sunday  
9.00am – 5.00pm

Bank Holidays  
10.00am – 5.00pm

### The Terrace

#### Bar Service

Monday – Saturday  
from 10am

Sunday from 12noon

**FREE  
WiFi**

**New for 2012**

**Suspension  
Training  
Kettlebells  
Powerbags**

# The Gym .....pay-as-you

The Gym is a spacious and cool environment with natural light and views across the playing fields and countryside. Combine this fantastic outlook with Fitlinxx, a unique computerised gym programming system, and you have the perfect place for your workout.



## Resistance Machines

A combination of equipment to help you tone and strengthen your muscles.



## Free Weights Area

Featuring:  
**Barbells,  
Dumbbells,  
Bench Press  
Smith Press**  
All of which will help you tone and strengthen your muscles.



## Cardiovascular Equipment

**Cross Trainers  
Treadmills  
Cycles  
Rowers**  
All guaranteed to get your pulse racing and giving you a great cardio workout.



## Stretch Area

The stretch area is designed for specific exercises or stretching. Specialist equipment available to enhance your workout including **Fit Balls, Bosu Balls, & Medicine Balls**



**Community Health Afternoons £3.00**

**Monday - Friday 1.00-3.30pm**

**Gym, Swim & Sanarium, a great way to get fit and healthy**

**Health Circuits also included on Thursdays 1.00 - 1.45pm**



# -go or membership options

To use the gym please choose the induction that suits your needs:

## Gym Induction (1 hour)

Following a short health screening, one of our friendly and professional fitness instructors will design an effective and personally tailored gym routine for you based on your health and fitness goals, aspirations and current fitness levels to give you a motivating yet challenging workout.

So whether you are a complete beginner or experienced gym user, book in for an Induction to ensure you are making the most effective use of each and every workout.

## Fast Track Gym Induction (15 minutes)

For experienced gym users who want to start using the gym immediately. One of our friendly and professional fitness instructors will complete a short health screen with you and following that you can use the gym (subject to the satisfactory completion of a health questionnaire and blood pressure and resting heart rate being within normal range)

## Programme Reviews

Available, free of charge, at any time if you require assistance, fancy a change to your routine or want to learn some new exercises to ensure you meet and exceed your goals.

## Contact Claire

If you have any comments or suggestions about our Gym please talk to or email Claire Ford (Senior Health & Fitness Advisor) [claire.ford@bhlive.co.uk](mailto:claire.ford@bhlive.co.uk)

## Gym Opening Times

Monday – Thursday	6.30am – 10.00pm
Friday	6.30am – 9.00pm
Saturday	8.00am – 7.00pm
Sunday	8.00am – 7.00pm

(Last entry 30 minutes before closing time)

## Price List (per 1 1/2 hrs)

Adults	£6.00
Juniors & Students	
Mon-Fri 6.30am-5.00pm & Weekends	£3.60
Mon-Fri 5.00pm onwards	£6.00
BH Live Access Card	£3.60

## Gym Induction

Adults	£6.00
Juniors & Students	
Mon-Fri 6.30am-5.00pm & weekends	£3.60
Mon-Fri 5.00pm onwards	£6.00
BH Live Access Card	£3.60



Claire Ford

# New Year, New You!

Boost your fitness with  
a Personal Trainer

One hour **£27.50**

**Special Offer**  
**6 sessions for the**  
**price of 5!**

Ask at Customer Service for details





Welcome to our Timetable of group exercise classes all taught by qualified and experienced instructors. Designed for people of all ages, abilities and interests, there is something for everyone. Everyone is welcome at our classes and options may be given to cater for all fitness levels, so you can work out at your own pace. If you are unsure or have any questions just arrive a few minutes before the class and speak to the instructor.

**Why not try a class today!**

### Price List

Classes (55 mins)	£5.25
Classes (45 mins)	£4.85
BodyBalance	£5.50
BodyCombat	£5.50
BodyPump	£5.50
BodyStep	£5.50
14 & 15 year olds	£4.20
Spinning (30 mins)	£4.20
Spinning (45 mins)	£4.85
Yoga (75mins)	£6.55
Aqua Aerobics (45 mins)	£4.85
Hydro Active	£4.60
Hydro Active (BH Live Access Card)	£2.80

### Class Etiquette

- Minimum age 14 years for participation in our classes (16 years for BodyPump)
- Please allow adequate time to obtain your ticket
- Ticket must be given to instructor before class
- No entry to classes 5 minutes after they have started.
- Please ensure appropriate footwear is worn in all classes.
- In order to maintain our timetable, we may use cover instructors
- Classes may not run if less than three customers attend
- Please bring water and a sweat towel (no glass bottles or cans)
- Please inform instructor of any injuries, medical problems or pregnancy prior to class commencing

A reduced Class Timetable operates on Bank Holidays.

## CALORIE BURNING CLASSES

Energetic workouts to maximise calorie expenditure and burn fat.

### BEGINNERS SPINNING

Want to Spin but never tried it before? This class will introduce you to the concept of Spinning. It's not all theory you will get to workout too!

### BODYSTEP

A simple to follow, athletic and fun workout using an adjustable step platform to achieve lower body toning, increased cardio fitness and co-ordination.

### BODYCOMBAT

It is a knock out! Combining kicks, punches & stances developed from a range of self-defence disciplines inc. karate, kickboxing, Tai Chi and Tae Kwon-do!

### SPINNING

Watch your fitness levels soar as we take you through varying, challenging terrains in this instructor-led, non impact cardiovascular class (*Beginners come early to ensure correct technique*)

### SPIN + ABS

Work up a sweat in the spinning studio then tone the abs and strengthen the back. A perfect start to the day!

## MUSCLE TONING & ENDURANCE CLASSES

An intense muscle workout focusing on toning, muscle definition, strength and endurance.

### BODYPUMP

Low on complexity-high on fun, this class will seriously change your body shape! High repetitions to speed up metabolism for rapid fat burning and to increase strength in all muscle groups. (*Beginners please come early to ensure correct technique*)

### LEGS, BUMS & TUMS

A wide range of conditioning exercise aiming specifically at those stubborn areas from the waist down. Pure toning!

### SWISS BALL

A conditioning workout using a Swiss Ball to tone, improve balance and co-ordination.

## RE-ENERGISE AND RELAX CLASSES

Mind and body workout focusing on core stability, balance and flexibility.

### BODYBALANCE

Combines the fundamental principles and practises of Yoga, Pilates and Tai Chi that will leave you feeling relaxed and renewed.

### PILATES

This Mind/Body approach will leave you feeling taller, stronger and invigorated! The focus is on good posture, developing core-stabilisation and all over body strength. Suitable for all levels!

### YOGA

This ancient art form focuses on flexibility, balance and inner poise. Gently move from one pose to another as you feel your body lengthen from within.

## SPECIALIST CLASSES

Themed classes focusing on current fitness industry trends.

### DANCE MIX

Cha, cha, cha, salsa, disco and much more. Dance yourself fit in this fun workout.

### SALSA AEROBICS

Shimme and shake yourself fit in a low impact, fun salsa dance based aerobic routine, set to the sultry, lively Latino beat. Suitable for all fitness levels

### ZUMBA

A cardio workout which uses Latin-inspired rhythms, sounds and steps from the merengue, samba and salsa in easy to follow steps for a fun and effective workout.

## ALL OVER BODY WORKOUT CLASSES

A great combination of calorie burning, muscle toning, strength and stamina.

### BODY CONDITIONING

An easy to follow all over body workout. Using exercises to tone and condition with the use of steps, hand weights, bars or resistance bands.

### CIRCUITS

Move from station to station performing a variety of upper and lower body strength exercises along with cardio blasts to give you the ultimate all-over workout.

# Get active

A range of classes which let you work at your own pace

## INTRODUCTORY LOW IMPACT CLASSES

Ideal for those needing to start at a lower level.

### NICE & EASY

A low impact aerobics class designed to build mobility, strength and fitness. Suitable for all levels but specifically aimed at those who are mature in age but young at heart.

### HEALTH CIRCUITS

A beginners circuit class to improve core stability, stamina, strength and flexibility.

## WATER WORKOUT CLASSES

Exercise in the water to maximise fun and intensity.

### AQUA AEROBICS

Using the resistance of the water this fun low impact class will improve strength, tone, flexibility and stamina.

### HYDRO ACTIVE

Aqua classes designed to improve strength, stamina and all round mobility. Ideal for those living with health concerns including joint or back problems or needing to start at a low level.

### SWIM FIT

Using length swimming these instructor-led sessions will increase your fitness alongside improving your stroke and technique.

All classes can be booked in advance at Customer Service either in person or on 01202 437801. You may come along without a booking but we cannot guarantee a space!

## LET'S GET MOVING GATEWAYS

The Gateways provide information and exercise options to people living with certain health conditions such as high blood pressure, diabetes, joint and back injuries and overweight issues.

### What activities can I do

- Swimming
- Gym
- Hydro Active Classes

See pages 8 and 9 for class times.

### Special Introductory Offer for your first 12 weeks

At £7.50 this entitles you to:

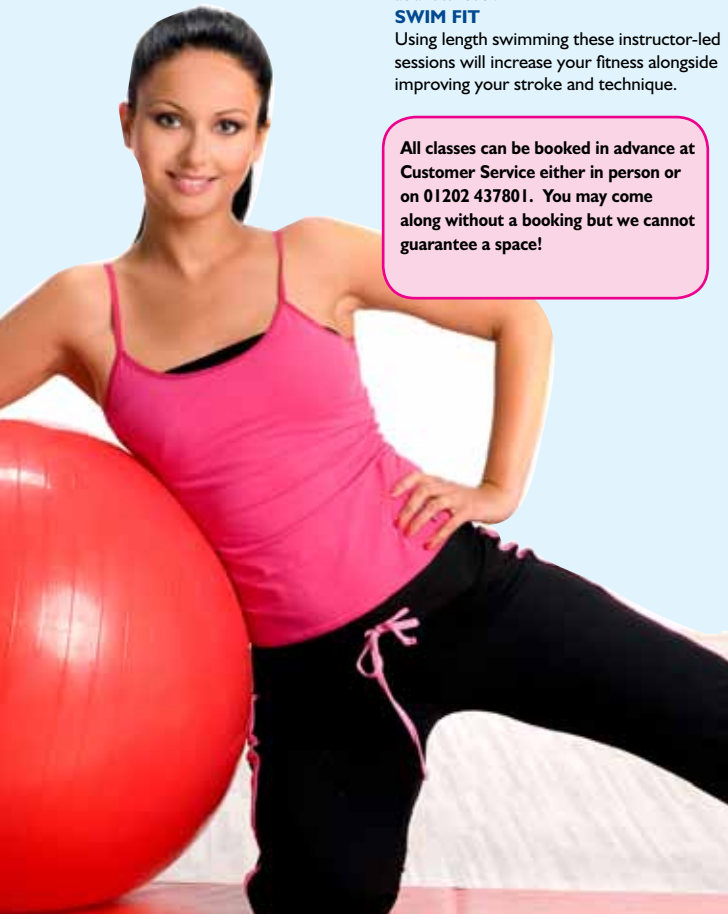
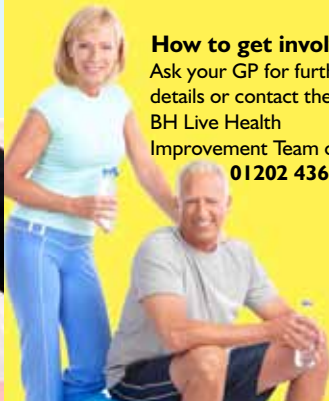
12 weeks of discounted prices on Swimming, Gym & Hydro Active. One to one personal advice, gym induction and personal programme.

### Price List

Swim Adult	£3.90
12 week Intro	£2.30
Swim 60+	£2.75
12 week Intro	£1.70
Gym	£6.00
12 week Intro	£3.60
Hydro Active Classes	£4.60
12 week Intro	£2.80

### How to get involved

Ask your GP for further details or contact the BH Live Health Improvement Team on 01202 436880







# Swimming - Fun & fit



## Go on, take the plunge!

### WEEKLY ACTIVITIES

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

#### Adults Only Early Morning Swim

**Main Pool:** Monday – Friday 7.00-9.00am

**Teaching Pool:** Monday & Wednesday 7.00-8.45am,  
Friday 7.00-9.00am

#### First Splash Adult & Baby (4 – 12 Months)

First steps of taking your baby in the pool  
(pay as you go session)

#### Adult & Under 4½ yrs

Experience the pool environment with toys and a group fun activity time. Teachers in attendance for advice (pay as you go session)

#### Adult Swim Fit Open Session

Saturdays 8.00- 9.00am (able to swim 100 metres)  
Fitness through swimming, working on length swimming, stamina and stroke improvement  
(pay as you go session)

#### Rookie Lifeguards

Junior Lifesaving and Personal Survival class in association with Boscombe Lifeguards. For children aged 7–14 years, able to swim 50 metres. (pay as you go session)

#### Wet & Wacky

Inflatable fun sessions for children aged 8yrs and over.  
(pay as you go session)

#### Pool Hire

Available Saturdays 6.00-7.00pm

Email: pelhamsparkleisurecentre.co.uk for availability.

#### Pool Parties

Hire the pool for a swimming party to remember!

Party food available after your party.

Please contact Customer Service for availability.

### Safety Notice

Children aged under 8 years must be accompanied in the water by an adult (16+ yrs).

Adult to child ratio:

Children under 5 years - 1 adult to 1 child

Children aged 5 - 7 years - 1 adult to 2 children

### Nappy Policy

For health and hygiene reasons, all babies and children who are not potty trained must wear a swimming nappy when using the pool. Swimming nappies can be purchased at Customer Service

### Forgotten Something?

**Essential swimwear, goggles etc available for purchase at Customer Service**

### Sanarium

The sanarium is situated off the deep end of the pool, please use the swimming changing rooms. Minimum age 16 years.



# Swimming for all the family

## Swimming Prices (per hour)

Under Fives	FREE
Junior / Student / 60+	£2.75
Adult Swim	£3.90
Family Ticket* max 2 adults / max 3 children (5 – 15 years old)	£10.55
BHLive Access Card	£2.30
Adult Sanarium & Swim	£5.85
60+ Sanarium & Swim	£5.00

## Saver Cards (6 swims for the price of 5)

Adult Saver Card	£19.50
Junior / Student / 60+ Saver Card	£13.75

## Swimming Session Prices

Adult Swim Fit	£5.25
Adult & Baby	£4.40
Adult & Under 4½	£4.40
Rookie Lifeguards	£3.50
Wet & Wacky	£2.75



## Pool Opening Times

Monday to Thursday	7.00am – 9.30pm
Friday	7.00am - 8.30pm
Saturday	9.00am – 4.00pm
Sunday	8.00am – 5.00pm



At the Swimming Academy we aim to provide swimmers with a high level of water confidence, swimming techniques and general water skills. All lessons are designed to mix education and safety with the fun side of swimming.

## WHAT WE OFFER:

- High quality teaching from fully qualified, CRB checked staff
- Lessons 50 weeks of the year
- FREE swimming in open sessions whilst you are enrolled in the Swimming Academy (subject to availability)
- An ability to join at any time
- Easy start up and enrolment process
- Continuous assessment and movement to next stage
- Check your swimming lesson progress online and move up to the next level when prompted by the Bournemouth Swimming Academy Team. Visit [www.checkmyprogress.co.uk](http://www.checkmyprogress.co.uk)

**Easy Payment Scheme**  
Direct Debit payment of £21 a month includes FREE swimming in open sessions



# Pre-School Swimming Lessons



The following courses are for pre school aged children and run with parent/ carer in the water  
(TP) = Teaching Pool

## Adult & Baby (TP) aged 4 - 12 months

Introduction to swimming with parent/carer in the water

## Adult & Toddler (TP) aged 1 - 2 years

Structured lessons to increase water confidence through play and songs

## Adult & Child (TP) aged 2 - 4 years

Structured lessons to develop independent swimming skills through play, songs and movement

## 'Pay as you go' Sessions

Times for classes shown in Orange boxes in the Timetables on page 15

### Adult & Baby (4-12 months)

Thursday 10.00-10.30am

Thursday 11.00-11.30am

### Adult & Under (4½ years)

Tuesday 2.30-3.15pm

Thursday 9.15-10.00am

### TUESDAY

13:30-14:00 Adult & Child Sharon Mayall

### WEDNESDAY

10:00-10:30 Adult & Child Sharon Mayall

10:30-11:00 Adult & Toddler Sharon Mayall

11:00-11:30 Adult & Baby Sharon Mayall

### THURSDAY

14:00-14:30 Adult & Toddler Jeanette Francis

### FRIDAY

9:00-9:30 Adult & Baby Jeanette Francis

9:30-10:00 Adult & Child Jeanette Francis

10:00-10:30 Adult & Child Sharon Mayall

10:00-10:30 Adult & Toddler Jeanette Francis

10:30-11:00 Adult & Baby Jeanette Francis

The following courses are for pre school children aged 3-4½ years and run without a parent or carer (TP) = Teaching Pool

**Pre School 1 (TP)** For non swimmer children aged 3 - 4½

**Pre School 2 (TP)** For children who are water confident, can jump in, submerge and swim on their fronts and backs with reduced aids (2 discs)

**Pre School 3 (TP)** For children who are water confident, can jump in, submerge and swim 5 metres on their fronts and backs without teaching aids.

### TUESDAY

13:00-13:30 Pre School 1 Sharon Mayall

13:00-13:30 Pre School 2 TBA

13:30-14:00 Pre School 2 TBA

14:00-14:30 Pre School 1 TBA

14:00-14:30 Pre School 3 Sharon Mayall

### WEDNESDAY

9:30-10:00 Pre School 1 Sharon Mayall

9:30-10:00 Pre School 2 Dom Aitchison

10:00-10:30 Pre School 1 Dom Aitchison

10:30-11:00 Pre School 1 Dom Aitchison

11:00-11:30 Pre School 2 Dom Aitchison

### FRIDAY

9:00-9:30 Pre School 1 Sharon Mayall

9:30-10:00 Pre School 2 Sharon Mayall

10:30-11:00 Pre School 1 Sharon Mayall

11:00-11:30 Pre School 2 Sharon Mayall

### SATURDAY

8:00-8:30 Pre School 1 TBA

8:30-9:00 Pre School 2 Rachael Barry

### SUNDAY

8:00-8:30 Pre School 1 Rachael Barry



### THURSDAY

10:30-11:00 Pre School 1 Zena Pastechia

13:00-13:30 Pre School 1 Jeanette Francis

13:30-14:00 Pre School 2 Jeanette Francis



# Junior Swimming Lessons



The following courses are for children aged 4 years and above

(TP) = Teaching Pool (MP) = Main Pool

- Stage 2 (TP)** For school aged children unable to swim 5 metres on both their fronts and backs
- Stage 3 (TP)** For children who can swim 5 metres on their front and back and are water confident
- Stage 4 (MP)** For children who can swim 10 metres showing basic skills in front crawl, backstroke and breaststroke
- Stage 5 (MP)** For children who can swim 15 metres with good technique in front crawl, backstroke and breaststroke
- Stage 6 (MP)** For children who can swim one length of the main pool in front crawl, backstroke and breaststroke and basic skills in butterfly showing good technique
- Stage 7 (MP)** For children who can swim 2 lengths showing good technique in front crawl, backstroke and breaststroke and basic skills in butterfly
- Stage 8 (MP)** For children who can swim 4 lengths in all three strokes and show good technique in butterfly
- Stage 9 (MP)** For children who can swim 8 lengths in all three strokes confidently and consistently
- Swim Fit (MP)** For children who are aged 9+ yrs and have completed stage 7 of the new National Teaching Plan Awards or Level 10 of the previous National Swim Awards

## MONDAY

15:45-16:15	Stage 2	Sadie Howes
15:45-16:15	Stage 3	Ruth Marshall
16:00-16:30	Stage 6	Sarah King
16:00-16:30	Stage 4	Sam Parker
16:15-16:45	Stage 3	Sadie Howes
16:15-16:45	Stage 2	Ruth Marshall
16:30-17:00	Stage 5	Sarah King
16:30-17:00	Stage 4	Sam Parker
16:45-17:15	Stage 2	Ruth Marshall
16:45-17:15	Stage 2	Sadie Howes
17:00-17:30	Stage 4	Sam Parker
17:00-17:30	Stage 9	Sarah King
17:15-17:45	Stage 3	Ruth Marshall
17:15-17:45	Stage 3	Sadie Howes
17:30-18:00	Stage 5	Sam Parker
17:45-18:15	Stage 3	Sarah King

## TUESDAY

15:45-16:15	Stage 2	Dom Aitchison
15:45-16:15	Stage 3	Sharon Mayall
16:00-16:30	Stage 4	Ruth Marshall
16:15-16:45	Stage 2	Sharon Mayall
16:15-16:45	Stage 3	Dom Aitchison
16:30-17:00	Stage 5	Ruth Marshall
16:45-17:15	Stage 3	Dom Aitchison
16:45-17:15	Stage 2	Sharon Mayall
17:00-17:30	Stage 4	Ruth Marshall
17:15-17:45	Stage 2	Dom Aitchison
17:15-17:45	Stage 2	Sharon Mayall
17:30-18:00	Stage 7	Ruth Marshall
17:45-18:15	Stage 2	Dom Aitchison

## WEDNESDAY

15:45-16:15	Stage 2	Jan Tiller
15:45-16:15	Stage 3	Dom Aitchison
16:00-16:30	Stage 7	Shelly Lomas
16:00-16:30	Stage 4	Sarah King
16:15-16:45	Stage 2	Dom Aitchison
16:15-16:45	Stage 3	Jan Tiller
16:30-17:00	Stage 8	Shelly Lomas
16:30-17:00	Stage 5	Sarah King
16:45-17:15	Stage 2	Jan Tiller
16:45-17:15	Stage 2	Dom Aitchison
17:00-17:30	Stage 4	Shelly Lomas
17:00-17:30	Stage 5	Sarah King
17:15-17:45	Stage 2	Dom Aitchison
17:15-17:45	Stage 3	Jan Tiller
17:30-18:00	Stage 6	Shelly Lomas
17:45-18:15	Stage 2	Dom Aitchison
18:00-19:00	Swim Fit	Paul Oliver

## THURSDAY

15:45-16:15	Stage 2	Dom Aitchison
15:45-16:15	Stage 3	Eve Sofrin
16:00-16:30	Stage 4	Tara Goom
16:15-16:45	Stage 2	Eve Sofrin
16:15-16:45	Stage 3	Dom Aitchison
16:30-17:00	Stage 5	Tara Goom
16:30-17:00	Stage 6	Sarah King
16:45-17:15	Stage 2	Eve Sofrin
16:45-17:15	Stage 2	Dom Aitchison
17:00-17:30	Stage 4	Sarah King
17:00-17:30	Stage 7	Tara Goom
17:15-17:45	Stage 2	Eve Sofrin
17:15-17:45	Stage 3	Dom Aitchison
17:45-18:15	Stage 3	Dom Aitchison

## FRIDAY

15:45-16:15	Stage 3	Eve Sofrin
15:45-16:15	Stage 2	Ruth Marshall
16:00-16:30	Stage 5	Sam Parker
16:15-16:45	Stage 2	Eve Sofrin
16:15-16:45	Stage 3	Ruth Marshall
16:30-17:00	Stage 4	Sam Parker
16:45-17:15	Stage 2	Eve Sofrin
16:45-17:15	Stage 3	Ruth Marshall
17:00-17:30	Stage 6	Sam Parker
17:15-17:45	Stage 8	Ruth Marshall
17:15-17:45	Stage 2	Eve Sofrin

## SATURDAY

8:00-9:00	Swim Fit (8+yrs)	Kirsty Atfield
8:00-8:30	Stage 4	Tracy Goddard
8:00-8:30	Stage 2	Rachael Barry
8:30-9:00	Stage 5	Tracy Goddard
8:30-9:00	Stage 3	TBA
9:00-9:30	Stage 6	Tracy Goddard
9:00-9:30	Stage 3 (MP)	Kirsty Atfield
9:00-9:30	Stage 2	TBA
9:00-9:30	Stage 2	Rachael Barry
9:30-10:00	Stage 4	Tracy Goddard
9:30-10:00	Stage 2	TBA
9:30-10:00	Stage 3	Rachael Barry
9:30-10:00	Stage 7	Kirsty Atfield

## SUNDAY

8:30-9:00	Stage 4	Rachael Barry
9:00-9:30	Stage 3	Rachael Barry
9:30-10:00	Stage 2	Rachael Barry

The above timetables are correct at time of printing but maybe subject to change

Direct Debit payment of £21 a month includes FREE swimming in open sessions



# Adult Swimming Lessons

## Adult Swimming Lessons

**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. Increase water confidence and develops basic stroke improvement and technique.

**Improver** For swimmers able to swim one length (20m) on back and front, improves stroke technique and water confidence.

### WEDNESDAY

19:00-19:30	Adult Beginner	Paul Oliver
19:30-20:00	Adult Improver	Paul Oliver
20:00-20:30	Adult Stroke Improvement	Paul Oliver
20:30-21:00	Adult Non-swimmer	Paul Oliver

**NO MATTER  
WHAT YOUR AGE,  
WE CAN TEACH YOU  
TO SWIM.**

*“Swimming can be a fun way to keep fit.  
It’s also a great sport for all the family”*

## Clubs & Therapists



### BOSCOMBE BEACH LIFEGUARDS

Sundays 6.00 – 7.00pm  
Location: Swimming Pool  
Contact: Chris Grant 07984  
187599

### DORSET TAEKWONDO

Contact: Chris Samuals  
07815 2923 12  
[www.dtkd.co.uk](http://www.dtkd.co.uk)

### KUNG FU

Contact: Timothy Davies  
[www.academy-shaolin.co.uk](http://www.academy-shaolin.co.uk)

### ESSENTIAL KRAV MAGA

Contact: Jim Maidment  
Tel: 07775 952274  
[www.essentialkravmaga.co.uk](http://www.essentialkravmaga.co.uk)

### ALLURE BEAUTY SALON

A complete range of beauty therapies for men and women.  
Friday and Saturday.  
Tel: 07503 133 888  
[info@beautysalon.co.uk](mailto:info@beautysalon.co.uk)  
[www.allurebeautysalon.co.uk](http://www.allurebeautysalon.co.uk)

### UP AND ABOUT CHIROPRACTOR

Wednesdays  
Nic Langlois Tel: 07812 196 773  
[www.upandabout.co.uk](http://www.upandabout.co.uk)



# Main Pool Timetable

**No lanes available during Aqua Aerobics. Deep End only available**

<b>Monday</b>	7.00-9.00am Adults Only	10.30-11.30am School	11.35am-12.20pm Aqua Aerobics	1.30-2.30pm School	4.00-6.00pm Swimming Academy	9.00am-9.30pm Public Swimming		
<b>Tuesday</b>	7.00-9.00am Adults Only	9.30-10.15am Aqua Aerobics		1.30-2.30pm School	4.00-6.00pm Swimming Academy	9.00am-9.30pm Public Swimming		
<b>Wednesday</b>	7.00-9.00am Adults Only	9.30-11.30am School	11.35am-12.20pm Aqua Aerobics	1.30-3.00pm School	4.00-7.00pm Swimming Academy	7.00-8.30pm Swim Acad		
<b>Thursday</b>	7.00-9.00am Adults Only		11.35am-12.20pm Aqua Aerobics	1.30-3.00pm School	4.00-6.00pm Swimming Academy	9.00am-9.30pm Public Swimming		
<b>Friday</b>	7.00-9.00am Adults Only	9.30-11.00am School	11.35am-12.20pm Aqua Aerobics	1.30-3.00pm School	4.00-6.00pm Swimming Academy	9.00am-8.30pm Public Swimming	8.30pm Closed	
<b>Saturday</b>	8.00-10.00am Swimming Academy	8.00-9.00am Swim Fit		9.00am-4.00pm Public Swimming	4.00-5.00pm Wet & Wacky	5.00-6.00pm Pool Party	6.00-7.00pm Private Hire	Swimming Pool Closed
<b>Sunday</b>	8.00-10.00am Swimming Academy			8.00am-5.00pm Public Swimming	5.00-6.00pm Pool Party	6.00-7.00pm Rookie Lifeguards	6.00-7.00pm Boscombe Lifeguards	Swimming Pool Closed

# Teaching Pool Timetable

<b>Monday</b>	7.00-8.45am Adults Only	8.45-9.30am Hydro Active		11.35am-12.20pm Aqua Aerobics	1.30-2.30pm School	3.45-6.15pm Swimming Academy	7.30-8.15pm Aqua Aerobics			
<b>Tuesday</b>		8.45-9.30am Hydro Active	9.30-10.15am Aqua Aerobics		1.00-2.30pm Swimming Academy	2.30-3.15pm Adult & Under 4 1/2 years	3.45-6.15pm Swimming Academy	7.30-8.15pm Aqua Aerobics		
<b>Wednesday</b>	7.00-8.45am Adults Only	8.45-9.30am Hydro Active	9.30-11.30am Swimming Academy	11.35am-12.20pm Aqua Aerobics	1.30-3.00pm School	3.45-6.15pm Swimming Academy	7.30-8.15pm Aqua Aerobics	8.15-9.00pm		
<b>Thursday</b>		9.15-10.00am Adult & Under 4 1/2 years	Adult & Baby Swim Academy	Adult & Baby	11.35am-12.20pm Aqua Aerobics	1.00-2.30pm Swimming Academy	3.45-6.15pm Swimming Academy	7.30-8.15pm Aqua Aerobics		
<b>Friday</b>	7.00-9.00am Adults Only		9.00-11.30am Swimming Academy	11.35am-12.20pm Aqua Aerobics	1.30-3.00pm School	3.45-5.45pm Swimming Academy		8.30pm Closed		
<b>Saturday</b>		8.00-10.00am Swimming Academy				4.00-5.00pm Wet & Wacky	5.00-6.00pm Pool Party	6.00-7.00pm Private Hire	Swimming Pool Closed	
<b>Sunday</b>		8.00-10.00am Swimming Academy					5.00-6.00pm Pool Party	6.00-7.00pm Rookie Lifeguards	6.00-7.00pm Boscombe Lifeguards	Swimming Pool Closed

■ Pay as you go sessions 
 ■ Public Swimming 
 ■ Swim Academy 
 ■ Hydro Active 
 ■ Aqua Aerobics 
 ■ Private Hire 
 ■ Schools (term time only)

**3 month minimum contract  
and no joining fees**

**Annual  
Membership  
available -12 months  
for the price  
of 10**

**MEMBERSHIP INCLUDES:**

- Swimming • Gym • Sanarium
- Class Timetable with over 70 Aerobics, Yoga, Aquafit and Spinning classes weekly

**UNLIMITED MEMBERSHIP**

Use of the Centre's facilities any day,  
anytime 7 days a week

**£39.99**

**DAYTIME & WEEKEND**

**£35.99**

**SENIOR UNLIMITED**

Monday - Sunday

**£34.99**

**STUDENT UNLIMITED**

Monday - Sunday

**£31.99**

**SENIOR DAYTIME & WEEKEND**

**£29.99**

**BREAKFAST**

Monday - Friday 6.30-9.30am

**£29.99**

**SWIMMING & SANARIUM**

**£25.99**

**TEENAGERS 14-18 years**

*Sanarium not included in Teenage Membership*

**£21.99**



**FREE  
CAR  
PARKING**

**Special Offer  
STUDENT MEMBERSHIP**

Unlimited membership until 30th June 2012

**ONLY  
£150**



*Proof of full time education will be required to qualify for Student Membership*