

SWIMMING LESSONS

a gift for life!

ONLY **£5.50** per week



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



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

Swimming is a great way to relax and unwind after a stressful day.

Forgotten something?
Essential swimwear, goggles etc available in the shop.



Pool Prices (per hour)

Under Fives	FREE
Junior	£2.80
60+ Swim	£3.10
Adult Swim	£3.80
Family Swim*	£10.50
Swim as 2nd Activity	£3.10
Water Slides	FREE

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

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	8.00am – 7.30pm
Bank Holiday Saturday & Sundays	9.00am – 6.00pm

Teaching Pool & Waterslides please see kids brochure.

Last entry to the pool 30 minutes prior to closing time.

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 – **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 courses £66.00

11 week courses £60.50

No lessons during Half Term, Monday 15th – Sunday 21st February

Tuesday 5th Jan – 30th Mar (12 Weeks) No lessons 16th Feb - Half Term

Improver	10.00 – 10.40am	Anissa S
Non-Swimmer	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
Power Swim	9.05 – 9.45pm	Jeanette F

Wednesday 6th Jan – 31st Mar (12 Weeks) No lessons 17th Feb - Half Term

Stroke Technique	12.30 – 1.10pm	Ann M
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Thursday 7th Jan – 1st Apr (12 Weeks) No lessons 18th Feb - Half Term

Improver	11.45am – 12.25pm	Anissa S
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Friday 8th Jan – 26th Mar (11 Weeks) No lessons 19th Feb - Half Term

Beginner	11.40am – 12.20pm	Ann M
Power Swim	12.20pm – 1.00pm	Ann M
Non-Swimmer	1.30pm – 2.10pm	Ann M
Non-Swimmer	2.10pm – 2.50pm	Ann M

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.



Aqua Classes - Choose from Aqua Fit or Deep Water Aqua. Benefits include, non-impact, great for the joints, all muscle groups are used whilst naturally resisting the water. You don't even need to be a swimmer! See Class Timetable on pages 10 – 11 for details.



The Spa - After your swim, relax in the spa and feel totally refreshed, see pages 14-15 for details.