

SWIMMING LESSONS

a gift for life!

ONLY
£5.50
per week

The swimming pools and waterslides will be closed on Saturday 18th and Sunday 19th December due to Swimming Galas



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

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

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)

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|----------------------|--------|
| 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

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|---------------------------------|------------------|
| 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 (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

14 week courses £77.00

No lessons during Half Term, Mon 25th – Sun 31st October

Tuesday 7th Sept - 14th Dec (14 Weeks) No lessons 26th Oct - 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 8th Sept - 15th Dec (14 Weeks) No lessons 27th Oct - Half Term

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

Thursday 9th Sept - 16th Dec (14 Weeks) No lessons 28th Oct - Half Term

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|----------|-------------------|----------|
| Improver | 11.45am – 12.25pm | Anissa S |
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Friday 10th Sept - 17th Dec (14 Weeks) No lessons 29th Oct - Half Term

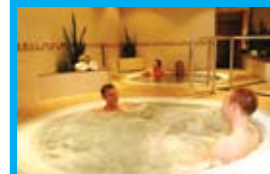
| | | |
|-------------|-------------------|-------|
| Beginner | 11.40am – 12.20pm | Ann M |
| Power Swim | 12.20pm – 1.00pm | Ann M |
| Non-Swimmer | 1.30pm – 2.10pm | Ann M |

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.