



# Swimming Pool Timetable

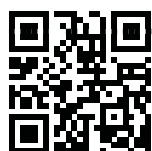
**SPRING PROGRAMME** - Wednesday 4th January to Sunday 2nd April 2017

## MAIN TIMETABLE Wednesday 4th January to Sunday 2nd April 2017 (excludes February Half Term)

<b>Mo</b>	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	Private Use 10.00 - 11.00	Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30	Lane Swim 7.30 - 9.00	
<b>Tu</b>	Early Birds 6.30 - 8.30	Private Use 9.00 - 11.00		Aquafit 11.05 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Lane Swim 7.00 - 8.00	Private Use 8.00 - 9.00
<b>We</b>	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.00 - 10.00	Aquanatal 10.05 - 10.55	Parents & Under 5's 11.00 - 11.55	Aquafit 12.05 - 12.55	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.00	Lane Swim 7.00 - 9.00	
<b>Th</b>	Early Birds 6.30 - 8.30	Private Use 9.00 - 10.30	Adult Lessons 10.30 - 11.30	Private Use 11.30 - 12.30	Adult Lanes 12.30 - 1.30	Private Use 1.30 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim +1 Lane 6.00 - 7.30	Lane Swim 7.30 - 9.00	
<b>Fr</b>	Early Birds 6.30 - 8.30	Private Use 9.30 - 11.00		Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.00	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30	Canoe Club 7.30 - 9.30	
<b>Sa</b>	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 11.30			Party Hire 12.00 - 12.50	Floats Fun 1.00 - 3.00	Party Hire 3.00 - 3.50	Swimming pool closes at 3.50pm		
<b>Su</b>	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 2.30	Public Swim +1 Lane 2.30 - 3.45	Swimming pool closes at 3.45pm		

## HALF TERM TIMETABLE Monday 13th February to Sunday 19th February 2017

<b>Mo</b>	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	NPLQ Course 10.00 - 11.00	Parents & Under 8's 11.00 - 11.55	Lane Swim 12.00 - 1.00	NPLQ Course 1.00 - 2.00	Floats Fun 2.00 - 3.15	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30	Lane Swim 7.30 - 9.00	
<b>Tu</b>	Early Birds 6.30 - 8.30	NPLQ Course 9.30 - 11.00		Aquafit 11.05 - 11.55	Lane Swim 12.00 - 1.00	NPLQ Course 1.00 - 2.00	Floats Fun 2.00 - 3.15	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Lane Swim 7.00 - 8.00	Private Use 8.00 - 9.00
<b>We</b>	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.00 - 10.00	NPLQ Course 10.00 - 11.00	Parents & Under 5's 11.00 - 11.55	Aquafit 12.05 - 12.55	NPLQ Course 1.00 - 2.00	Floats Fun 2.00 - 3.15	Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.00	Lane Swim 7.00 - 9.00	
<b>Th</b>	Early Birds 6.30 - 8.30	NPLQ Course 9.00 - 10.30	Adult Lessons 10.30 - 11.30	Private Use 11.30 - 12.00	Lane Swim 12.00 - 1.00	NPLQ Course 1.00 - 2.00	Floats Fun 2.00 - 3.15	Junior Lessons 4.00 - 6.00	Public Swim +1 Lane 6.00 - 7.30	Lane Swim 7.30 - 9.00	
<b>Fr</b>	Early Birds 6.30 - 8.30	NPLQ Course 9.30 - 11.00		Parents & Under 8's 11.00 - 11.55	Lane Swim 12.00 - 1.00	NPLQ Course 1.00 - 2.00	Floats Fun 2.00 - 3.15	Junior Lessons 3.30 - 6.00	Public Swim +1 Lane 6.00 - 7.30	Canoe Club 7.30 - 9.30	
<b>Sa</b>	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 11.30			Party Hire 12.00 - 12.50	Floats Fun 1.00 - 3.00	Party Hire 3.00 - 3.50	Swimming pool closes at 3.50pm			
<b>Su</b>	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floats Fun 1.00 - 2.30	Public Swim +1 Lane 2.30 - 3.45	Swimming pool closes at 3.45pm			



One Leisure Ramsey, Abbey Road, Ramsey, Cambridgeshire PE26 1DP

Tel: 01480 388111

[www.oneleisure.net](http://www.oneleisure.net)

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# Swimming Price List

Swimming at One Leisure is great value for money to enjoy individually or as a group with friends and family.

	ONE CARD	FULL PRICE
Swim Session (under 3's)	£1.40	£2.60
Swim Session (3 to 15 years)	£2.90	£4.10
Swim Session (16+ years)	£3.90	£5.10
Family Swim Pass (2 adults and 2 children)	£12.50	£15.00
Aquafit and Aquanatal Classes	£5.20	£6.50

- You must produce your One Card each time you visit otherwise you will be required to pay the full price. Proof of age must be provided on request.
- The One Card is a one-off cost of £1 per person which you will save after only one visit. This just requires you to complete a simple form available from reception or [www.oneleisure.net](http://www.oneleisure.net).
- If you wish to attend more than one session you must repay or book in again at reception if you are an Advantage/Silver/Premier member or have a swim pass.

# Aqua Memberships

If you are a regular swimmer, you can save money with our great value swimming memberships.

Both the monthly and annual memberships entitle you to unlimited swimming at all of the One Leisure pools. Can be used for all sessions excluding aqua classes and lessons. Memberships start from the date of purchase.

	ONE CARD	FULL PRICE
Monthly Swim Pass (all ages)	£23.99	n/a
Annual Swim Pass (all ages)	£249.00	n/a

- The monthly swim pass is payable by monthly direct debit. We require 30 days notice in writing for termination of monthly memberships.
- Annual memberships are non-refundable and are a commitment of membership for the annual duration.

## Session Descriptions

### Adult Lanes

Adult only sessions (16+ years) where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

### Aquafit

A fun and energetic workout in the pool using the resistance of the water for all over toning.

### Aquanatal

A relaxing class for women during and after their pregnancy.

### Early Birds / Public Swim

Public swimming sessions for all ages.

### Early Bird Lanes / Lane Swim

Public sessions for all ages where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

### Family Fun

A family only session for parents and younger children to enjoy their time in the water together.

### Floats Fun

A fun time for all with floats and rafts in the water.

### Inflatable Fun

Slippery fun for all with an inflatable in the water.

### Ladies Lanes

Ladies only sessions (16+ years) where the pool is divided into lanes for length swimming only.

### Parents & Under 5's

A fun playtime session for parents and children under 5 where armbands and water toys are included.

### Party Hire

Hire the pool exclusively for a private party. Choose either Floats Fun or Inflatable Fun parties (age restrictions apply).

Children under 8 must be accompanied by an adult (16+) in the water. No more than two under 8's allowed with each adult. The changing rooms are mixed and have separate changing cubicles. A 20p coin (which is returnable) is required to use the swimming pool changing room lockers. During busy periods a call-out system operates. Swims may be limited to 45 minutes. A qualified lifeguard supervises the pool at all times. Entry to the deep end of the pool (also on the inflatable) is at the lifeguards discretion and will be judged on swimming ability. The inflatable is not suitable for non swimmers or children wearing swimming aids.



## Can you afford to let your child miss out on an essential life skill?

Our successful **Swim4Life** lesson scheme has over 4,500 swimmers ranging from 6 months up to 16 years of age here across all the One Leisure sites.

We also offer a **FREE** swim assessment service to ensure your child is placed in the correct class for their ability.

Contact reception now for more information.



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