



Swimming Pool Timetable

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

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

Mo	Early Birds + 2 Lanes 6.30 - 8.45	Private Use 8.45 - 12.00		Aquafit 12.05 - 12.55	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.05 - 6.55	Swimming Club 7.00 - 9.00	Adult Lessons 9.00 - 10.00	
Tu	Early Birds + 2 Lanes 6.30 - 8.45	Private Use 8.45 - 9.45	Adult Lessons 9.45 - 10.45	Private Use 11.00 - 1.00	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.10	Aquafit 7.15 - 8.05	Adult Lanes 8.10 - 10.00	
We	Early Birds + 2 Lanes 6.30 - 8.45	Private Use 8.45 - 12.00		Swimfit 12.05 - 12.55	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.05 - 6.55	Swimming Club 7.00 - 10.00		
Th	Early Birds + 2 Lanes 6.30 - 8.45	Private Use 8.45 - 12.00		Parents & Under 5's 12.05 - 1.00	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.00	Swimming Club 7.05 - 8.05	Adult Lanes 8.10 - 9.10	Elite Swim Coaching 9.15 - 10.00
Fr	Early Birds + 2 Lanes 6.30 - 8.45	Private Use 8.45 - 11.00	Baby & Toddler Lessons 11.00 - 12.00	Private Use 12.00 - 1.00	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Swimming Club 6.05 - 8.05		Public Swim + 1 Lane 8.10 - 9.30	
Sa	Swimming Club 7.00 - 9.00	Junior Lessons 9.00 - 12.30			Disabled & 40+ Swim 12.35 - 1.35	Floats Fun 1.40 - 3.55		Commando Run Inflatable 4.05 - 4.50	Party Hire 5.00 - 5.55	Party Hire 6.00 - 6.55	Party Hire 7.00 - 7.55
Su	Adult Early Birds + 2 Lanes 7.15 - 9.10	Family Fun 9.15 - 11.55		Swimfit 12.05 - 12.55	Adult Lanes 1.00 - 1.55	Public Swim 2.00 - 3.55		Swimming Club 4.00 - 8.00		Sub Aqua Club 8.15 - 9.15	

ⓘ Please note that from **Wednesday 25th January to 29th March**, the **Swimfit** session will not be running.

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

Mo	Early Birds + 2 Lanes 6.30 - 8.55	Swimming Courses 9.00 - 10.00	Public Swim 10.05 - 11.00	Canoeing Taster 11.05 - 12.00	Private Use 12.05 - 1.00	Adult Swim + 2 Lanes 1.05 - 2.00	Floats Fun 2.05 - 3.20	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.05 - 6.55	Swimming Club 7.00 - 9.00	Adult Lessons 9.00 - 10.00	
Tu	Early Birds + 2 Lanes 6.30 - 8.55	Swimming Courses 9.00 - 10.00	Floats Fun 10.05 - 11.00	Canoeing Taster 11.05 - 12.00	Private Use 12.05 - 1.00	Adult Swim + 2 Lanes 1.05 - 2.00	Public Swim 2.05 - 3.20	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.10	Aquafit 7.15 - 8.05	Adult Lanes 8.10 - 10.00	
We	Early Birds + 2 Lanes 6.30 - 8.55	Swimming Courses 9.00 - 10.00	Public Swim 10.05 - 11.00	Private Use 11.05 - 12.00	Swimfit 12.05 - 12.55	Adult Swim + 2 Lanes 1.05 - 2.00	Floats Fun 2.05 - 3.20	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.05 - 6.55	Swimming Club 7.00 - 10.00		
Th	Early Birds + 2 Lanes 6.30 - 8.55	Swimming Courses 9.00 - 10.00	Floats Fun 10.05 - 11.00	Private Use 11.05 - 12.00	Parents & Under 5's 12.05 - 1.00	Adult Swim + 2 Lanes 1.05 - 2.00	Public Swim 2.05 - 3.20	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.00	Swimming Club 7.05 - 8.05	Adult Lanes 8.10 - 9.10	Elite Swim Coaching 9.15 - 10.00
Fr	Early Birds + 2 Lanes 6.30 - 8.55	Swimming Courses 9.00 - 10.00	Public Swim 10.05 - 11.00	Baby & Toddler Lessons 11.00 - 12.00	Private Use 12.05 - 1.00	Adult Swim + 2 Lanes 1.05 - 2.00	Floats Fun 2.05 - 3.20	Junior Lessons 3.30 - 6.00	Swimming Club 6.05 - 8.05	Public Swim + 1 Lane 8.10 - 9.30		
Sa	Swimming Club 7.00 - 9.00	Junior Lessons 9.00 - 12.30			Disabled & 40+ Swim 12.35 - 1.35	Floats Fun 1.40 - 3.55		Commando Run Inflatable 4.05 - 4.50	Party Hire 5.00 - 5.55	Party Hire 6.00 - 6.55	Party Hire 7.00 - 7.55	
Su	Adult Early Birds + 2 Lanes 7.15 - 9.10	Family Fun 9.15 - 11.55		Swimfit 12.05 - 12.55	Adult Lanes 1.00 - 1.55	Public Swim 2.00 - 3.55		Swimming Club 4.00 - 8.00		Sub Aqua Club 8.15 - 9.15		



One Leisure St Ives Indoor, Westwood Road, St Ives, Cambridgeshire PE27 6WU

Tel: 01480 388111

www.oneleisure.net

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Oneleisure
ST IVES INDOOR

Managed by Huntingdonshire District Council

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.
- 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.

Commando Run Inflatable

Slippery fun in the pool on the extra large Commando Run inflatable. These sessions are not suitable for under 8's, non swimmers or children who cannot swim 50 metres.

Disabled & Adult Swim

A relaxed session for adults and disabled swimmers.

Early Birds

Early morning public swimming sessions for all ages.

Early Bird Lanes

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.

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.

Party Hire

Hire the pool exclusively for a private party. Choose either Floats Fun or

Children under 8 must be accompanied by an adult (16+) in the water. No more than two under 8's allowed with each adult. Children over 8 must use the correct changing room according to their gender. A £1 refundable deposit is required for a swimming locker wristband. Swims may be limited to 45 minutes. During busy periods a call-out system operates. 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. Under 8's, non-swimmers or those who cannot swim 50 metres are not allowed to attend the Commando Run Inflatable session.

**swim
4life**

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.



One Leisure St Ives Indoor, Westwood Road, St Ives, Cambridgeshire PE27 6WU

Tel: 01480 388111

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