



The Big Splash TimeTable

2011/2012 Programme

Braintree Swimming Centre
Charter Way, Braintree, CM77 8YJ
01376 333833
www.braintreeswimmingcentre.co.uk

Pool Timetable

Monday

		Number of Lanes	
6.00am-7.15am	Adult Lane Swim	4	MP
7.15am-9.00am	All Welcome + Lane Swim	8	MP
9.00am-11.00am	All Welcome + Lane Swim	5	MP
9.15am-10.00am	Big Splash Water Aerobics Shallow	3	MP
11.00am-12.00pm	Mobility session	8	MP
12.00pm-1.30pm	All Welcome + Lane Swim	8	MP
1.30pm-2.30pm	All Welcome	2	MP
2.30pm-4.00pm	Members only	4	MP
2.30pm-4.00pm	All Welcome + Lane Swim	4	MP
4.00pm-9.00pm	All Welcome + Lane Swim	3	MP
8.00pm-8.45pm	Big Splash Water Aerobics Shallow	5	MP
9.30am-11.30am	All Welcome (Floats & Toys)	*	LW
11.30am-6.30pm	All Welcome	*	LW

Tuesday

6.00am-7.15am	Adult Lane Swim	5	MP
7.15am-10.00am	All Welcome + Lane Swim	8	MP
10.00am-12.00pm	All Welcome	2	MP
12.00pm-1.30pm	All Welcome + Lane Swim	8	MP
1.30pm-2.00pm	All Welcome	2	MP
2.00pm-4.00pm	50+ Session	8	MP
4.00pm-8.00pm	All Welcome + Lane Swim	3	MP
9.30am-11.30am	All Welcome (Floats & Toys)	*	LW
11.30am-6.30pm	All Welcome	*	LW

Wednesday

6.00am-7.15am	Adult Lane Swim	4	MP
7.15am-9.00am	All Welcome + Lane Swim	8	MP
9.00am-10.00am	All Welcome + Lane Swim	5	MP
9.15am-10.00am	Big Splash Water Aerobics Shallow	3	MP
10.00am-12.00pm	All Welcome	2	MP
12.00pm-1.30pm	All Welcome + Lane Swim	8	MP
1.30pm-2.30pm	All Welcome	2	MP
2.30pm-4.00pm	Members only	4	MP
2.30pm-4.00pm	All Welcome + Lane Swim	4	MP
4.00pm-5.00pm	All Welcome + Lane Swim	3	MP
5.00pm- 5.45pm	All Welcome	2	MP
5.45pm-6.45pm	All Welcome + Lane Swim	3	MP
6.00pm-6.45pm	Big Splash Water Aerobics Shallow	5	MP
6.45pm-8.30pm	All Welcome + Lane Swim	8	MP
9.30am-11.30am	All Welcome (Floats & Toys)	*	LW
11.30am-6.30pm	All Welcome	*	LW



Thursday

6.00am-7.15am	Adult Lane Swim	5	MP
7.15am-9.00am	All Welcome + Lane Swim	8	MP
9.00am-10.30am	All Welcome + Lane Swim	5	MP
9.15am-10.00am	Big Splash Water Aerobics Shallow	3	MP
10.30am-12.00pm	Members Only	2	MP
12.00pm-1.30pm	All Welcome + Lane Swim	5	MP
12.15pm-1.00pm	Big Splash Gentle Water Aerobics Shallow	3	MP
1.30pm-2.30pm	All Welcome	2	MP
2.30pm-4.00pm	50+ Session	8	MP
4.00pm-5.00pm	All Welcome + Lane Swim	3	MP
5.00pm-6.00pm	All Welcome	2	MP
8.30pm-10.00pm	All Welcome	5	MP
9.30am-11.30am	All Welcome (Floats & Toys)	*	LW
11.30am-6.30pm	All Welcome	*	LW

Friday

6.00am-9.00am	Adult Lane Swim	8	MP
9.00am-10.00am	All Welcome + Lane Swim	8	MP
10.00am-12.00pm	All Welcome	2	MP
12.00pm-1.30pm	All Welcome + Lane Swim	8	MP
1.30pm-2.30pm	All Welcome	2	MP
2.30pm-4.00pm	Members only	4	MP
2.30pm-4.00pm	All Welcome + Lane Swim	4	MP
4.00pm-8.00pm	All Welcome + Lane Swim	3	MP
8.00pm-8.45pm	Big Splash Water Aerobics Deep	4	MP
8.00pm-9.00pm	Adult Lane Swim	2	MP
9.00pm-10.00pm	All Welcome + Lane Swim	8	MP
9.30am-11.30am	All Welcome (Floats & Toys)	*	LW
11.30am-6.30pm	All Welcome	*	LW

Saturday

6.30am-7.45am	Adult Lane Swim	4	MP
9.00am-10.30am	All Welcome + Lane Swim	3	MP
10.30am-2.15pm	All Welcome + Lane Swim	7	MP
2.15pm-3.30pm	Fun Session	6	MP
2.15pm-3.30pm	Lane Swim	2	MP
4.00pm-9.00pm	Private Hire	8	MP
9.00am-12.00pm	All Welcome	*	LW
12.00pm-2.00pm	All Welcome	#	LW
2.00pm-3.30pm	Fun Session	#	LW
4.00pm-9.00pm	Private Hire	#	LW

Sunday

7.30am-9.00am	Adult Lane Swim	4	MP
9.00am-12.00pm	All Welcome + Lane Swim	7	MP
12.00pm-4.00pm	All Welcome + Lane Swim	8	MP
4.00pm-6.00pm	Adult Lane Swim	2	MP
6.00pm-8.00pm	Private hire	8	MP
9.00am-5.00pm	All Welcome	#	LW
5.00pm-8.00pm	Private Hire	#	LW

Don't forget...

- 1) Your costume
- 2) Your towel
- 3) £1 for your locker (refundable)
- 4) To visit our Swim Shop in reception.

Activities are subject to change and availability.

Key:

- MP = Main Pool
LW = Leisure Waters
* = Half of Leisure Waters open (side with the slide and interactive water equipment)
= Whole of Leisure Waters open
▲ = Relaxing swim session
● = Fitness swim session

Please Note:

- Wristbands must be worn throughout your swim.
- After your swim please place wristbands in nearest bin.
- Shower gel/shampoo etc to be used in cubicles and not in poolside showers.

Swim Supervision Policy

Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+) A maximum of 3 children under 8 is permitted per parent/adult. This is the recommendation of the Health & Safety Executive.



Descriptions

All Welcome ▲ ●

Open to all swimmers of all abilities. Ideal for a relaxing swim, fitness, families and those either getting back to fitness or who are new to swimming. Lane swimming may not be available.

All Welcome + Lane Swim ▲ ●

Same as All Welcome swim, however lane/s available for fitness swimming.

All Welcome (Floats & Toys)

A fun packed session with frog floats, toys and balls.

Big Splash Water Aerobics Shallow ●

These Water Aerobic classes are high intensity workouts for all ages and range of abilities, non weight bearing exercise, very good for prevention of injury.

Big Splash Gentle Water Aerobics Shallow ●

These Water Aerobic classes are lower in intensity than the usual class, aimed for 50+, non weight bearing exercise, very good for prevention of injury.

Big Splash Water Aerobics Deep ●

These Water Aerobic classes are a very high intensity workout. Float bands are provided to aid floating in the deep water, total non weight bearing exercise.

50+ session ▲

Session aimed at swimmers over 50 years of age.

Mobility Session ▲ ●

Open to swimmers with a disability. Carers/helpers welcome. Lanes available for fitness swimming.

Fun Session

Ideal for parents/guardians and children to enjoy quality family time and fun in the pool with floats and mats.

No inflatable available.

Members Only ▲ ●

A session available for Swimming Members and contract wide members. – For information on the Swimming Membership please contact reception (01376 333833).

Lane Swim ▲ ●

A session for swimming lengths only.

Adult Lane Swim ▲ ●

A session for 16+ only suitable for fitness swimmers and relaxing swimmers.

Private Hire

Hire the entire pool for your child's birthday party. Pick up a leaflet from reception for details on all our party packages. Bookings for Swimming Gala's also welcome.

Why should I swim?

1. Swimming is a great way to get a trimmer body and improve your general health and fitness.
2. Whether you are splashing around with your children, swimming a few lengths a week or joining in a water workout class, your health will still benefit.
3. Because the water supports your weight, the stress on your joints is much less, making it an activity suitable for all ages and abilities.

Did you know?

1. Swimming is the nation's most popular sporting activity. (MORI 2005)
2. Research suggests you use up to 25 per cent more calories in water than you would if you were swimming through air. (BBC)

What session is right for me?

If you want to enjoy a **relaxing swim** (▲) you should consider the following sessions:

All Welcome, All Welcome + Lane Swimming, 50+ sessions. These will enable you to enjoy being in the pool, to gain confidence in the water and enjoy time with family and friends.

If you are looking for more of a **fitness swim** (●) you should consider the following sessions:

All Welcome, Adult Lane Swim and Water Aerobics. These will provide you with the opportunity to focus on swimming a certain number of lengths or to enjoy a water-based fitness class that will tone and shape.