



# Swimming Pool Timetables

January - March 2012

The Pavilions In The Park  
Steyning Leisure Centre  
Billingshurst Leisure Centre

# Main Pool

## Public Swimming Sessions

Please note that unless specified there will be a minimum of 4 lanes available for public swimming sessions. Swim lessons and other sessions may run alongside public swimming sessions. We will always try to provide at least 1 lane for dedicated lane swimming in each public session.

### Monday

6.15am – 4.00pm  
4.00pm – 6.00pm\*  
8.00pm – 10.00pm

### Tuesday

6.15am – 8.00am  
10.00am – 4.00pm  
6.00pm – 10.00pm

### Wednesday

6.15am – 10.00pm

### Thursday

6.15am – 4.00pm  
8.00pm – 9.00pm

### Friday

6.15am – 3.30pm  
3.30pm – 6.00pm – widths only  
6.00pm – 10.00pm

### Saturday

10.00am – 6.00pm

### Sunday

7.00am – 6.00pm  
6.00pm – 7.00pm – adults only  
8.00pm – 9.00pm

\*only 2 slow lanes available

## School Holidays

Please note that during the school holidays from 2.00pm – 4.00pm

Monday – Friday there is an inflatable session, and there will be no lane swimming available. Please see holiday brochures for more information.

## Special Sessions

### 50+ Swim

Tuesdays 8.00am – 10.00am

### Swim 4 Health

Improve your stroke and technique at this lunchtime training session. Term Time Only.

Monday	12.30pm – 1.00pm	
Friday	1.30pm – 2.00pm	£4.00

### Swim 7

An adult training class for experienced swimmers. Improve your fitness, stamina, speed and technique. You should be able to swim 50 lengths in an hour.

Wednesday	7.00am – 8.00 am	£5.25
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### Splash Sessions

Enjoy a fun session in our main pool with floats, balls and toys

Saturday	2.00pm – 4.00pm
Sunday	9.30am – 11.30am

### Junior Swim 4 Health

Improve your fitness, stamina, speed and technique in this course. Please call reception to book.

Mondays	5.00pm - 6.00pm
Thursdays	5.00pm - 6.00pm



# Aqua Aerobics

**The Pavilions**  
IN THE PARK  
01403 219200

## Aqua Fit

A fun and lively water workout, this class is great for all levels of fitness, non swimmers included.

### Wednesday

10.30am – 11.15am\*  
7.45pm – 8.30pm

## Aqua Zumba

All the fun of regular Zumba but in the water.

### Saturday

8.55am – 9.40am

## Deep Aqua Fit

Using your own body weight for resistance and supported by buoyancy belts, you will enjoy an effective water workout

### Sunday

8.45am – 9.30am

## 50+ Aqua Fit

A gentle water aerobics class that improves fitness without putting a strain on the joints.

### Tuesday

8.00am – 9.00am

## Aqua Natal

A gentle class for expectant and new mothers taken by our trained professional in post & ante natal exercise

### Wednesday

9.30am – 10.30am



## Swim Only Memberships Now Available

If you are swimming  
twice a week or more  
you could save £££'s.

Please speak to  
a customer advisor  
for more information  
on **01403 219209**.



\*This session will not run during the school holidays.

# Teaching Pool

**The Pavilions**  
IN THE PARK  
01403 219200

The Teaching Pool is predominantly timetabled for Schools, Childrens and Adults Swimming lessons but will be available for public use at the following times.

## Monday

1.30pm – 2.30pm Toddler Splash

## Thursday

11.30am – 12.30pm Toddler Splash

## Saturday

1.30pm – 6.00pm Public Swimming

## Sunday

10.00am – 4.30pm Public Swimming

## Toddler Splash

A fun session for parents and under 5's in our teaching pool with toys and floats

Mondays 1.30pm – 2.30pm

Thursdays 11.30am – 12.30pm

1 adult and 1 under 5 £2.85

Additional under 5 £1.20

This is a term time only session.



# Learn to Swim

at The Pavilions In The Park, Steyning and Billingshurst Leisure Centres.

All of our lessons are taught by qualified instructors and follow the National Teaching Plan set out by the ASA. Lessons include:

- Parent and Babies
- Parent and Toddlers
- Under 5's
- 5 years plus
- Adult Lessons

For more information or details on how to enrol please contact your nearest centre.

**The Pavilions**  
IN THE PARK  
01403 219200

STEYNING  
**Leisure**  
CENTRE  
01903 879666

 billingshurst  
leisure centre  
01403 787500

**Holiday  
Crash Courses**  
We offer additional crash courses during the holiday periods to aid swimming development. Please contact reception for details

  
swimming  
academy™

# Leisure Waters

**The Pavilions**  
IN THE PARK  
**01403 219200**

## Public Swimming Times

### Term Time Programme

Monday – Wednesday 10.00am – 8.00pm  
Thursday & Friday 10.00am – 7.00pm  
Saturday & Sunday 9.00am – 6.00pm

### School Holiday Programme

Monday – Wednesday 9.00am – 8.00pm  
Thursday & Friday 9.00am – 7.00pm  
Saturday & Sunday 9.00am – 6.00pm

During peak times we operate a band system.  
You will receive a minimum of 1 hour 15 minutes in the pool.



## Special Sessions

### 50+ Swim

Tuesdays 8.00am – 10.00am (term time)  
Tuesdays 8.00am – 9.00am (school holidays)

### Aqua Disco

Ride the flume and race the rapids to all the latest chart hits. £3.25 per person  
Booking is advisable please call **01403 219200**  
Fridays 7.00pm – 8.00pm 8-11 years  
Fridays 8.00pm – 9.00pm 12-15 years

### Adult Only Swim

Relax in our leisure pool with mood lighting and chill out tunes. £5.40 per person or try our special swim and health suite combo for only £8.95. (only available as part of the adult swim session.  
Thursdays  
7.00pm – 9.00pm



# Steyning Swim Timetable



01903 879666

## Public Swimming

### Monday No of Lanes in pool

7.00am – 9.25am	4
11.35am – 2.00pm	2
7.00pm – 8.00pm	2

### Tuesday

6.30am – 8.30am	4
8.30am – 9.30am	2
12.00noon – 2.00pm	2
8.05pm – 10.00pm	2

### Wednesday

6.30am – 9.25am	4
12noon – 2.00pm	2
5.45pm – 6.30pm	2
8.30pm – 10.00pm	2

### Thursday

6.30am – 9.00am	4
9.00am – 10.00am	2
11.00am – 2.00pm	2
3.00pm – 5.00pm	1
5.00pm – 8.00pm	2*
9.00pm – 10.00pm	2

### Friday

7.00am – 10.25am	4
11.35am – 1.30pm	2
7.00pm – 10.00pm*	2

### Saturday

7.00am – 8.00am	4
1.00pm – 2.00pm	2*

### Sunday

7.00am – 9.30am	4
1.00pm – 3.00pm	2*
5.00pm – 6.30pm	2

\*Private coaching and lifeguard training may occasionally occur during public sessions.

## Swim Memberships Available

If you swim twice a week or more you could save money with our Swim Memberships.

Speak to a customer advisor today for more information

## Family/Splash Sessions

### Thursday

10.00am – 11.00am  
Toddler Splash Floats and toys session for parents and under 5's. Term time only. Toys will still be available in the holidays but for all ages.

### Friday

6.00pm – 7.00pm Aqua Disco (8 - 12 years)

### Saturday

2.05pm – 3.25pm Floats  
3.35pm – 4.50pm Inflatable

### Sunday

9.30am – 1.00pm Family Floats  
3.00pm – 5.00pm Floats

## Water Workout Sessions

### Monday

9.30am – 10.30am Aqua Aerobics  
10.30am – 11.30am Low Intensity Aqua

### Tuesday

7.00pm – 8.00pm Aqua Aerobics

### Friday

10.30am – 11.30am Aqua Aerobics

## Special Sessions

### 50+ Swim

Wednesdays 9.30am – 12.00noon

### Ladies Only Swim

Thursdays 8.00pm – 9.00pm

## School Holiday Changes

Monday 13th February – Friday 17th February

### Monday/Wednesday/Friday

1.00pm – 2.30pm Floats Session

### Tuesday

9.30am – 12.00noon Family Floats  
1.00pm – 2.30pm Inflatable Session

### Thursday

1.00pm – 2.30pm Inflatable Session  
2.30pm – 3.30pm Closed for holiday club

We operate reduced opening hours on bank holidays please check for details.

# Billingshurst Swim Timetable



**01403 787500**

## Monday

6.30am – 9.30am Lane Swimming  
9.30am – 10.30am Aqua Fit  
11.30am – 3.00pm Public Swimming  
Including 2 lanes  
7.30pm – 8.30pm Aqua Fit  
8.30pm – 10.00pm Lane Swimming  
Including 3 lanes

## Tuesday

6.30am – 9.00am Lane Swimming  
9.00am – 5.00pm Public Swimming  
Including 2 lanes  
5.00pm - 8.00pm Public Swimming Half Pool  
8.00pm - 9.00pm Public Swimming  
Including 2 lanes  
9.00pm – 10.00pm Adults Only  
Including 1 lane

## Wednesday

6.30am – 9.30am Lane Swimming  
11.30am – 2.00pm Public Swimming  
Including 2 lanes  
5.00pm – 6.30pm Public Swimming  
Including 2 lanes  
8.30pm – 10.00pm Public Swimming  
Including 2 lanes

## Thursday

6.30am – 8.00am Lane Swimming  
8.00am – 10.00am 50+ Swim  
Including 1 lane  
11.00am – 11.45am Toddler Splash  
12noon – 3.00pm Public Swimming  
Including 2 lanes  
6.00pm – 8.00pm Public Swimming  
Including 2 lanes  
8.00pm – 9.00pm Aqua Fit  
9.00pm – 10.00pm Adults Only  
Including 2 lanes

## Friday

6.30am – 9.30am Lane Swimming  
9.30am – 10.30am Aqua Fit  
11.30am – 2.00pm Public Swimming  
Including 2 lanes  
7.30pm – 8.30pm Aqua Disco  
8.30pm – 10.00pm Public Swimming  
Including 2 lanes

## Saturday

7.00am – 8.30am Lane Swimming  
11.00am – 11.45am Toddler Splash  
12noon – 2.00pm Public Swimming  
Including 2 lanes  
2.00pm – 4.00pm Fun Splash  
4.00pm – 5.00pm Public Swimming  
Including 2 lanes

## Sunday

7.00am – 8.00am Adults Only  
Including 2 lanes  
8.00am – 10.00am Public Swimming  
Including 2 lanes  
10.00am – 12noon Fun Splash  
12noon – 1.00pm Public Swimming  
Including 1 lane  
1.00pm - 5.00pm Public Swimming  
Including 2 lanes  
5.00pm – 6.30pm Lane Swimming  
Including 3 lanes  
6.30pm – 7.30pm Adults Only  
Including 4 lanes

## New Rookie Lifeguards

This course covers water safety, self-rescue, rescue and emergency response. The award allows students to pace themselves, gain badges and certificates and progress through the Rookie Lifeguard Programme.

**Sundays 5.00pm - 5.30pm  
or 5.30pm - 6.00pm**

**Ages 8 - 14**

**For more details contact reception  
on 01403 787500.**

Sessions are correct at the time of print but are subject to change. Private coaching and lifeguard training requiring a lane may occasionally occur during public sessions. We will endeavour to keep disruption to a minimum.

# The Pavilions In The Park Prices

Main Pool		LAC*
Adult	£3.95	£2.20
Junior/Senior	£2.20	£1.25
Aqua	£5.80	£3.65

Leisure Waters Peak		
Adult	£5.40	£2.90
Junior/Senior	£2.90	£1.55
Family	£14.45	

Leisure Waters Off Peak**		
Adult	£3.95	£2.20
Junior/Senior	£2.20	£1.25
Family	£10.80	

## Swim Only Memberships Now Available

**If you are swimming twice a week or more you could save £££'s.**

Please speak to a customer advisor for more information

# Steyning and Billingshurst Leisure Centres

Adult	£3.85	£2.00
Junior/Senior	£2.10	£1.20
Aqua	£5.80	£3.65

## Pool Information

Children under 8 years old MUST be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. Maximum ratio of 2 children to 1 adult. Those supervising must accompany the children in the water at all times. Please be aware that during school/public holidays our timetables may change. We will attempt to minimise any disruption caused. Please see reception for holiday alterations.

Please be aware that a 10 minute preparation period will be required before and after swimming lessons and inflatable sessions. We will attempt to minimise any disruption caused.

Where there is not a session advertised the pool is closed to the public for swimming lessons, club swimming, parties and other events.

Children 2 years and under swim free.

Sessions are correct at time of print but may change.

\* LAC – Horsham District Council Leisure Access Card – Contact 01403 215262 for further information.

\*\*Off Peak usage is classed as term time Mon-Fri 6.30am – 4.00pm.

Family Swim – 2 adults and 2 children.

This timetable is available in large print on request.