

SWIM  
MEMBERSHIPS  
AVAILABLE



# Swimming Timetable

Brookvale Recreation Centre  
Tel: 01928 712051

Kingsway Leisure Centre  
Tel: 0151 495 2200

Runcorn Swimming Pool  
Tel: 01928 572114



Halton Leisure Community Association working in partnership with Halton Borough Council

Our pool timetable is set out to ensure you can easily find the sessions you are looking for. Simply choose your session title, look for the times available and come along and swim.

## All Welcome – open to all swimmers of all abilities

	Kingsway Main Pool*	Kingsway Learner Pool	Brookvale**	Runcorn
<b>Monday</b>	0700 - 0930 1015 - 1200 1400 - 1900	1300 - 1800	1730 - 1930	0900 - 1130 1445 - 1630
<b>Tuesday</b>	0700 - 1200 1400 - 1900	1400 - 1600 1600 - 1700 HP	1800 - 1930	1000 - 1130 1445 - 1830
<b>Wednesday</b>	0700 - 0930 1015 - 1200 1400 - 1830	0930 - 1200 1400 - 1600	1800 - 1930	0900 - 1130 1445 - 1630 1830 - 1930
<b>Thursday</b>	0700 - 1200 1400 - 1900	1400 - 1600 1600 - 1700 HP	1800 - 1930	0900 - 1130 1600 - 1900HP
<b>Friday</b>	0700 - 1200 1400 - 1800	1030 - 1300 1400 - 1800	1800 - 1930	1000 - 1130 1445 - 1630
<b>Saturday</b>	1300 - 1800	1200 - 1400	1400 - 1800	1300 - 1600
<b>Sunday</b>	1300 - 1700	1300 - 1400	0900 - 1100 1300 - 1700	1200 - 1600

Key:

HP Half Pool

\* Two lanes will be available at all times for Fitness Swimming

\*\* School Holiday addition to timetable – Monday – Friday 1300 – 1600 All Welcome

## Family Session

– Fun Session for families only

### Kingsway

Friday	1800 - 2000
Saturday	1000 - 1200
Sunday	0900 - 1300

### Brookvale

Sunday	1100 - 1300
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### Runcorn

Sunday	1000 - 1200
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View the new easy way to access pool timetable information on our website.

Or you can download an App for your iPhone and view it wherever you are!

It's free to download and you can also take part in various swim challenges.

[www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

In association with

Splashpath

## Adult Only & Ladies Only Sessions

– for those wishing to swim lengths for fitness. 18 years upwards.

	Kingsway Main Pool *	Brookvale	Runcorn
<b>Monday</b>	1200 – 1400	0700 – 0845 1215 – 1300 2030 – 2200	0700 – 0900 1130 – 1330 1830 – 2000 [LO]
<b>Tuesday</b>	1200 – 1400 1900 – 2200	0700 – 0845 1215 – 1300 2100 – 2200	0700 – 0900 1130 – 1330 1830 – 2100
<b>Wednesday</b>	0930 – 1015 1200 – 1400 2030 – 2200 [LO]	0700 – 0845 1215 – 1300 1930 – 2100	0700 – 0900 1130 – 1330 1930 – 2100
<b>Thursday</b>	1200 – 1400 1900 – 2100	0700 – 0845 1215 – 1300 2030 – 2200	0700 – 0900 1130 – 1330 1700 – 1900 [½ pool]
<b>Friday</b>	1200 – 1400 2000 – 2200	0700 – 0845 1215 – 1300 2100 – 2200	0700 – 0915 1130 – 1330 1930 – 2100
<b>Saturday</b>	1200 – 1300	1300 – 1400	1600 – 1700
<b>Sunday</b>		0800 – 0900 1700 – 1800	0900 – 1000 1600 – 1700

Key:

LO Ladies Only

\* Minimum of two lanes available [Two lanes also available during All Welcome sessions]



## Water Workout Classes

– water based aerobic workout.

	Kingsway Main Pool	Brookvale	Runcorn
<b>Monday</b>	0930 – 1015	1645 – 1730 Aquanatal*	2000 – 2045
<b>Tuesday</b>	1915 – 2000		0915 – 1000
<b>Wednesday</b>	0930 – 1015 2030 – 2115		
<b>Thursday</b>		1930 – 2030	
<b>Friday</b>	0930 – 1015 (LP)		0915 – 1000 1845 – 1930

Key:

LP Learner Pool

\* Session run by an external organisation



## Parent & Toddler Drop In Lessons (Kingsway only)

Come along and get your child used to the swimming pool in a fun filled session with music and toys. Instructed by qualified instructor. 1 Adult to 1 Child

½ hour sessions Monday, Tuesday and Thursday's 1030 to 1200.

# Pool Hygiene

Kingsway Leisure Centre, Brookvale Recreation Centre & Runcorn Swimming Pool follow the National Pool Water Guidance to keep the pool water clean and safe, but we need your help.

- Please shower before swimming, it removes grease and dirt, for example make up, hair products and chemicals in deodorants.
- Wearing a swim hat will help to protect your hair and reduce water pollution.
- Using the toilets provided keeps the water clean for all customers.
- We strongly recommend that all youngsters who are not toilet trained should wear swim nappies which can be purchased from reception. This will stop those little embarrassments becoming big ones!
- Please do not swim if you have just eaten or drank, or if you have an upset stomach.
- All babies participating should have completed their initial immunisation programme.

Follow the lifeguards instructions, they want you to have a great swim in safety.

## Swim Supervision Policy

Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+).

A maximum of 2 children under 8 are permitted per parent/ adult. This is a recommendation of the Health & Safety Executive

## Swim Clubs

Our Centres are home to Halton Swimming Club and Runcorn Reps Swim Club. For details please contact the relevant club directly.



[secretary@haltonsc.com](mailto:secretary@haltonsc.com)



[secretary@runcornreps.com](mailto:secretary@runcornreps.com)

## Swimming Lessons

We offer a wide range of swimming lessons for Adults and Children aged 3 years upwards, we provide group swimming lessons, Private Swimming lessons 1-2-1 or 2-2-1 lessons on a weekly basis and Crash Courses throughout the School Holidays. Contact Kingsway Leisure Centre – 0151 495 2200, Runcorn Swimming Pool – 01928 572114 or Brookvale Recreation Centre – 01928 712051 for more information on how to learn a skill that will last you a lifetime!



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