



# Summer Holiday Activities

Summer 2010



Deben Pool  
Station Road, Woodridge  
01394 384763  
[enquiries@debenpool.co.uk](mailto:enquiries@debenpool.co.uk)  
[www.debenpool.co.uk](http://www.debenpool.co.uk)

# Pool Timetable

## Monday

6.00am – 7.00am	21st Century swimming (pre-booked)
7.00am – 8.30am	'Early Birds' – Public Swimming
8.30am – 10.00am	Children's Holiday Activities
10.00am – 3.00pm	Public Swimming
3.00pm – 4.00pm	Gentle Water Workout (M&F) (excluding bank holidays)
4.00pm – 5.30pm	Children's Swimming Lessons
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

## Tuesday

5.45am – 7.00am	Club Use
7.00am – 8.30am	'Early Birds' – Public Swimming
8.30am – 10.00am	Children's Holiday Activities
10.00am – 11.00am	50+ Swimming
11.00am – 3.00pm	Public Swimming
3.00pm – 4.00pm	Adult Swimming Lessons
4.00pm – 5.30pm	Children's Swimming Lessons
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Adult Swimming Lessons
8.00pm – 10.00pm	Adults Only

## Wednesday

6.00am – 7.00am	21st Century swimming (pre-booked)
7.00am – 8.30am	'Early Birds' – Public Swimming
8.30am – 10.00am	Children's Holiday Activities
10.00am – 11.00am	50+ Swimming
11.00am – 6.00pm	Public Swimming
5.00pm – 6.00pm	(½ Pool Staff Training Use)
6.00pm – 8.00pm	Club Use
8.00pm – 10.00pm	Public Swimming

## Thursday

5.45am – 7.00am	Club Use
7.00am – 8.30am	'Early Birds' – Public Swimming
8.30am – 10.00am	Children's Holiday Activities
10.00am – 3.00pm	Public Swimming
3.00pm – 4.00pm	People with Disabilities Swimming
4.00pm – 5.30pm	Children's Swimming Lessons
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Ladies Splash Dance
8.00pm – 9.00pm	Ladies Only Swimming
9.00pm – 10.00pm	Adults Only Swimming

## Friday

6.00am – 7.00am	21st Century swimming (pre-booked)
7.00am – 8.30am	'Early Birds' – Public Swimming
8.30am – 10.00am	Children's Holiday Activities
10.00am – 4.00pm	Public Swimming
4.00pm – 5.30pm	Children's Swimming Lessons
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

## Saturday

7.00am – 8.30am	21st Century swimming (pre-booked)
8.30am – 11.00am	Children's Swimming Lessons
11.15am – 12.15pm	Family Fun Session
12.30pm – 1.30pm	50+ Swimming
1.30pm – 6.00pm	Public Swimming
6.00pm – 10.00pm	Pool Available for Hire

## Sunday

8.00am – 5.00pm	Public Swimming
5.00pm – 6.00pm	People with Disabilities Swimming
6.00pm – 10.00pm	Club Use

Contact reception to enquire about our membership offers.

Last admission 30 minutes before session closing, 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.

# Prices

## Swimming Admission Charges

	<b>C/Card</b>	<b>Non C/Card</b>
Adult	£2.90	£3.60
Child (3-16)	£1.85	£2.30
Family	£7.40	£9.30
Senior Citizen (60+)	£1.85	£2.30
Disability/Concession	£1.85	£2.30
Student (ID must be shown)	£1.85	£2.30
Afternoon Swim (term time only)	£2.70	£3.35
Showers	£1.50	£1.90
25 Adult Swims	£58.25	N/A
25 Junior/Senior Swims	£32.80	N/A

## Sauna Prices

	<b>C/Card</b>	<b>Non C/Card</b>
1 hour	£4.80	£6.05
½ hour	£2.65	£3.30
5 x ½ hour sauna tickets	£11.25	£14.05

Please contact reception for more details.

# Activities

## Family Fun Session

Fun for all the Family!  
Every Saturday  
With Inflatable and Rafts in the Pool  
Families and 8-14 yr old Swimmers

Child \*£2.80 c/card £3.50 non c/card  
Adult \*£4.65 c/card £5.85 non c/card  
Family \*£10.10 c/card £12.65 non c/card  
\* Get a coastal card and get your sessions cheaper

(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).

## 21st Century Swimming

Training sessions for the serious swimmer with training sets of 2000 and 3000 meter swims.

Monday's-Wednesday's & Friday's 6-7am  
\*£3.40 c/card £4.25 non c/card per session

Saturday's 7-8.30am \*£3.75 c/card £4.70 non c/card per session

## Childrens Holiday Activities

Please contact reception for a full list of all the Holiday Activities available at Deben Pool throughout the Summer Holidays.



# How to find us...



Please contact reception for further details  
and activity information.

Deben Swimming Pool  
Station Road, Woodbridge, IP12 4AU  
Telephone 01394 384763  
Fax 01394 388484  
[www.debenpool.co.uk](http://www.debenpool.co.uk)

This centre is operated by Suffolk Coastal Leisure Community Association  
Ltd working in partnership with Suffolk Coastal District Council

\*All details were correct at time of print, the management reserves the right  
to amend this programme and details without prior notification