

**FREE SWIMMING**  
for U16's & 60+'s  
(see page 3 for details)



# Swimming Timetable

Summer 2010

Fleming Park Leisure Centre  
02380 684800

# Pool Programme

## Main Pool

### Monday

7.00am – 9.55am	16+ Lanes
10.00am – 12.25pm	General Use
12.30pm – 1.25pm	Lanes
1.30pm – 3.55pm	General Use
4.00pm – 5.55pm	Lanes
6.00pm – 6.55pm	16+ Lanes

### Tuesday

7.00am – 9.55am	16+ Lanes
10.00am – 12.25pm	General Use
12.30pm – 1.25pm	Lanes
1.30pm – 5.25pm	General Use
5.30pm – 6.55pm	Lanes
7.00pm – 7.55pm	General Use

### Wednesday

7.00am – 9.55am	16+ Lanes
10.00am – 12.25pm	General Use
12.30pm – 1.25pm	Lanes
1.30pm – 3.55pm	General Use
4.00pm – 6.30pm	Lanes
6.35pm – 7.55pm	General Use
8.00pm – 10.30pm	16+ Lanes

### Thursday

7.00am – 9.55am	16+ Lanes
10.00am – 12.25pm	General Use
12.30pm – 1.25pm	Lanes
1.30pm – 3.55pm	General Use
4.00pm – 5.30pm	Lanes
5.30pm – 6.45pm	16+ Lanes
6.50pm – 8.25pm	General Use
8.30pm – 10.30pm	16+ Lanes

### Friday

7.00am – 9.55am	16+ Lanes
10.00am – 12.25pm	General Use
12.30pm – 1.25pm	Lanes
1.30pm – 6.55pm	General Use

### Saturday

7.30am – 10.30am	Lanes
10.35am – 12.25pm	General Use
12.30pm – 1.25pm	Lanes
1.30pm – 2.55pm	Splashtime
3.00pm – 5.55pm	General Use

### Sunday

7.30am – 9.25am	Lanes
9.30am – 10.55am	Family Swim
11.00am – 12.25pm	Family Splashtime
12.30pm – 1.25pm	Lanes
1.30pm – 6.55pm	General Use



## Please Note:

- Splashtime Sessions are not part of the free swimming initiative.
- Swimming times may vary during School holidays, please refer to the holiday time-tables for details.
- Children under 8 years of age MUST be accompanied in the water and in the changing rooms by a parent / adult (18 years+). A maximum of 3 children under 8 is permitted per parent/adult. This is the recommendation of the Health & Safety Executive.
- Pushchairs, buggies, car seats etc are not allowed on poolside.
- Last entry is half an hour before the end of the session. There is a 5 minute change over between each session.
- No refunds/exchanges available on unused weekly/monthly/annual swim tickets.
- Sessions subject to change.

## Teaching Pool

### Monday

9.00am - 9.45am Adult drop in Lessons  
9.45am - 10.30am Adult drop in Lessons  
12.30pm - 1.25pm General Use  
2.30pm - 3.55pm General Use

### Tuesday

11.30am - 1.30pm General Use  
2.30pm - 3.55pm General Use

### Wednesday

11.30am - 1.30pm General Use  
2.30pm - 3.55pm General Use  
6.30pm - 8.00pm General Use

### Thursday

9.00am - 10.25am General Use  
2.30pm - 3.55pm General Use  
6.00pm - 7.00pm General Use

### Friday

9.00am - 9.55am General Use  
2.30pm - 3.55pm General Use

### Saturday

10.30am - 1.25pm General Use  
1.30pm - 2.55pm Splashtime  
3.00pm - 5.00pm General Use

### Sunday

8.00am - 10.55am General Use  
11.00am - 12.25pm Family Splashtime  
12.30pm - 4.00pm General Use  
6.00pm - 7.00pm Pool available for private hire.

## Session Descriptions

**16+ Lanes** – For people aged 16 and over to swim in this laned session.

**Lanes** – A session for lane swimmers of all ages.

**General Use** – An open session for all ages and abilities.

**Splashtime** – A fun session with floats and toys available in both pools. This session is not included within the free swimming scheme.

**Family Splashtime** – This session is for families and groups only. i.e. all adults must have a child with them to attend and vice versa.

**Family Swim** – This session is for families and groups only. i.e. all adults must have a child with them to attend and vice versa.

**Please note** that any swimmers who do not swim as stipulated in the session title will be asked to leave without a refund.



## Free Swimming

From April 2009 people aged 60 and over & 16 and under have been able to swim for free during public sessions at Fleming Park Leisure Centre as part of the Government's Free Swimming Initiative.

If you are 60 and over or 16 and under and have not yet registered for your free swimming card, then please do so at reception.

## School Holidays

Please note that this programme is still valid during school holidays. The only change's during the holiday period are:

Tuesdays & Thursdays  
10.00am - 12.25pm General Use  
session will change to:  
10.00am - 11.10am General Use  
11.15am - 12.25pm Splashtime

## Learn to Swim with Us!

We take children as young as 4 months on our Swimming Lesson Programme which runs for 50 weeks of the year and provides an easy direct debit payment option.

We also provide Adult Lessons so that everyone gets the chance to learn to swim, to be confident in the water so that you can enjoy being able to swim more often.

## Swimming Membership

If you enjoy swimming at Fleming Park Leisure Centre but want to save money, then why not take out a Swimming Membership so that you can swim as many times as you like at an affordable rate each month.

Contact a customer advisor today and let us know how often you swim to see if we can save you money!

**02380 684800**



# Dive in with us!



Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **LITEX** chlorine proof swimwear.



[www.zoggs.com](http://www.zoggs.com)

At Zoggs we have a passion for swimming, we want to share that passion with you!