



# Swimming Timetable

From September 2010

Ken Marriott Leisure Centre

01788 535851

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

# Pool Programme

## MAIN POOL

### Monday

6.45am to 8.30am	Early Bird
8.30am to 9.55am	Ladies Only
11.10am to 11.55am	Aquafit
12.00pm to 12.55pm	Adult Lane Swimming
3.00pm to 3.50pm	All Welcome

### Tuesday

6.45am to 8.30am	Early Bird
12.00pm to 1.25pm	Adult Lane Swimming
3.00pm to 3.50pm	All Welcome
5.35pm to 6.35pm	All Welcome (LR)
6.40pm to 7.25pm	Aquafit
8.30pm to 9.55pm	Adult Lane Swimming

### Wednesday

6.45am to 8.30am	Early Bird
12.00pm to 12.55pm	Adult Lane Swimming
3.00pm to 3.50pm	All Welcome
5.35pm to 6.55pm	All Welcome (LR)
7.35pm to 8.20pm	All Welcome
8.25pm to 9.55pm	Adult Lane Swimming

### Thursday

6.45am to 8.30am	Early Bird
11.10am to 11.55pm	Aquafit
12.00pm to 12.55pm	Adult Lane Swimming
1.00pm to 1.25pm	All Welcome RS (D)
3.00pm to 3.50pm	All Welcome
5.35pm to 6.25pm	All Welcome (LR)
8.30pm to 9.55pm	Adult Lane Swimming

### Friday

6.45am to 8.30am	Early Bird
8.30am to 9.55am	Ladies Only
11.10am to 11.55pm	Aquafit
12.00pm to 1.25pm	All Welcome (LR)
2.35pm to 3.50pm	All Welcome
5.35pm to 8.30pm	All Welcome (LR)
8.45pm to 9.55pm	Lane Swimming

### Saturday

9.00am to 12.00pm	Deep End Only (RS)
12.00pm to 1.00pm	Family Swimming
1.00pm to 2.45pm	All Welcome
3.15pm to 5.00pm	Polar Challenge (See restrictions)

### Sunday

9.00am to 10.30am	Adult Lane Swimming (25m)
10.30am to 12.30pm	Family Swimming (LR & RS)
12.45pm to 6.55pm	All Welcome
7.00pm to 8.45pm	Lane Swimming
8.45pm to 9.55pm	Adult Lane Swimming

## Flume Open

Sat 12.30pm to 2.30pm
Sun 1.00pm to 3.00pm

## LEISURE POOL

A superb free form teaching pool heated to a constant 31C. Ideal for babies and children under 8 years.

### Monday to Friday

12.00pm to 12.55pm	Family Swimming
3.00pm to 3.55pm	Family Swimming
5.45pm to 8.00pm	Family Swimming

### Saturday

9.00am to 5.30pm	Family Swimming
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### Sunday

9.00am to 8.00pm	Family Swimming
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### KEY

**RS** = Restricted space.

**LR** = Lane rope available .

**D** = Deep end only

Please Note: there will be a different timetable operating for the school holidays. Check at reception or at [www.kenmarriottleisurecentre.co.uk](http://www.kenmarriottleisurecentre.co.uk) for details.

# Pool Activities

## **Polar Challenge**

A giant 20m floating inflatable that will challenge the most intrepid of thrill seekers. For safety reasons all users must be over 8 years of age, at least 1.2m tall, and able to swim at least 25m without the use of aids.

## **All Welcome**

The pool is open to all ages. Some of these sessions may also have a lane rope available.

## **Early Birds**

Swim weekdays from 6.45am.

## **Lane Swimming (LR)**

During these sessions at least one lane is set aside for lane swimming.

## **Adult Lane Swimming**

Specific pool time for adults over 16 years usually with at least one lane available.

## **Aquafit**

A fun water work-out set to music, suitable for adults of all ages and abilities.

## **Family Swimming**

Children must be accompanied by an adult 18 years or over during these sessions.

## **Adult Lessons**

Whether you want to improve your stroke or overcome your fear of water we have a lesson suitable for you. Further details from reception.

## **Pool and Polar Challenge Parties**

Celebrate your child's birthday with a pool party. Lots of fun guaranteed. Further details can be found in our Birthday Party leaflet.

## **Private Pool Hire**

Our pool facilities can be hired for private use by clubs, schools or associations.

## **Sauna and Steam**

Our sauna and steam suite offers an opportunity to unwind from the stresses and strains of everyday life, leaving you feeling totally refreshed and invigorated.

# Swimming Academy

## **Children's Lessons**

Lessons are available for children aged from 4 months right through to school age and beyond. We run the National Plan for Teaching Swimming developed by the Amateur Swimming Association.

Continuous assessment of the children means that they can progress through their lessons at their own pace.

## **Rookie Lifeguard**

### **Monday 5.30pm to 6.30pm**

Learn the basics of personal survival and life saving. (Must be able to swim 25m and be confident in deep water).

## **Private Swimming Lessons**

Our individual private lessons can be tailored to meet the needs of adults and children of any standard.

**Places may be available today please contact us on 01788 821956 or email [enquiries@kenmarriottleisurecentre.co.uk](mailto:enquiries@kenmarriottleisurecentre.co.uk) for further details.**



## Swimming Memberships

Did you know that if you swim just twice a week you could save £££s by taking out a swimming membership.

Contact a customer advisor on 01788 821959 for more details.

## Important information for Swimmers

- A ratio of no more than 2 children under 8 to 1 adult.
- Children under 8 must be supervised in and out of the water by a parent or adult 18yrs or over throughout the use of the facilities.
- The use of electrical equipment such as camcorders, mobile phones and cameras is strictly prohibited on poolside.
- The Leisure Pool is strictly for children accompanied by an adult 18 years or over.
- A different timetable will operate during school holidays. Please check our website for details.



## Swimming Prices

2-16 years	£2.00
16 years +	£3.30
Adult Leisure Pass	£1.90
Junior Leisure Pass	£0.80
Spectator Junior	£0.70
Spectator Adult	£0.80
Aquafit	£4.25
Aquafit Leisure Pass	£2.70
Inflatable Session	£2.80
Sauna and Steam	£4.15

kinetika and club members benefit from free swimming and use of the sauna and steam suite



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