



Deben Pool
Christmas Programme

19 December 2011 – 02 January 2012

Deben Pool

Station Road, Woodridge

01394 384763

enquiries@debenpool.co.uk

www.debenpool.co.uk

Pool Timetable

Monday 19th December

6am – 7am	21st Century (pre-booked)
7am – 8.30am	Public Swimming
9am – 3pm	Public Swimming
3pm – 4pm	Gentle Water Workout (M & F)
4pm – 7pm	Public Swimming
7pm – 10pm	Club Use

Tuesday 20th December

5.45am – 7am	Club Use
7am – 8.30am	Public Swimming
10am – 11am	50+ Swimming
11am – 8pm	Public Swimming
8pm – 10pm	Adults Only

Wednesday 21st December

6am – 7am	21st Century (pre booked)
7am – 8.30am	Public Swimming
9am – 10am	50+ Swimming
10am – 6pm	Public Swimming (5-6 ½ pool staff training)
6pm – 8pm	Club Use
8pm – 10pm	Public Swimming

Thursday 22nd December

5.45am – 7am	Club Use
7am – 8.30am	Public Swimming
9am – 3pm	Public Swimming
3pm – 4pm	People With Disabilities Swimming
4pm – 7pm	Public Swimming
7pm – 8pm	Ladies Splash Dance
8pm – 9pm	Ladies Only Swimming
9pm – 10pm	Adults Only Swimming

Friday 23rd December

7am – 8.30am	Public Swimming
9am – 7pm	Public Swimming
7pm – 10pm	Club Use

Saturday 24th December

7am – 8.30am	21st Century Swimming (pre-booked)
9am – 11.30am	Public Swimming
11.30am – 12.30pm	50+ Swimming
12.45pm – 2.45pm	Super Splash

Sunday 25th December

Closed

Monday 26th December

Closed

Tuesday 27th December

7am – 8.30am	Public Swimming
10am – 11am	50+ Swimming
11am – 6pm	Public Swimming

Wednesday 28th December

7am – 8.30am	Public Swimming
10am – 6pm	Public Swimming (5-6 ½ pool staff training)
6pm – 8pm	Club Use
8pm – 10pm	Public Swimming

Thursday 29th December

5.45am – 7am	Club Use
7am – 8.30am	Public Swimming
10am – 3pm	Public Swimming
3pm – 4pm	People With Disabilities Swimming
4pm – 7pm	Public Swimming
7pm – 8pm	Ladies Splash Dance
8pm – 9pm	Ladies Only Swimming
9pm – 10pm	Adults Only Swimming

Friday 30th December

7am – 8.30am	Public Swimming
10am – 7pm	Public Swimming
7pm – 10pm	Club Use

Saturday 31st December

9am – 11.30am	Public Swimming
11.30am – 12.30pm	50+ Swimming
12.45pm – 2.45pm	Super Splash

Sunday 1st January

Closed

**Contact reception
to enquire about our
membership offers**

Prices

Swimming Admission Charges

	C/Card	Non C/Card
Adult	£3.10	£3.90
Child (3-16)	£1.95	£2.45
Family	£7.85	£9.80
Senior Citizen (60+)	£1.95	£2.45
Disability/Concession	£1.95	£2.45
Student (ID must be shown)	£1.95	£2.45

Last admission 30 minutes before session closing.



Activities

Super Splash

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

	C/Card	Non C/Card
Super Splash Child	£3.00	£3.75
Super Splash Adult	£4.95	£6.20
Super Splash Family	£10.70	£13.40

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.

GYM OPENING HOURS

- Monday 19th December** 7am-10pm
- Tuesday 20th December** 7am-10pm
- Wednesday 21st December** 7am-10pm
- Thursday 22nd December** 7am-10pm
- Friday 23rd December** 7am-10pm
- Saturday 24th December** 8am-3pm
- Sunday 25th December** Closed
- Monday 26th December** Closed
- Tuesday 27th December** 7am-6pm
- Wednesday 28th December** 7am-10pm
- Thursday 29th December** 7am-10pm
- Friday 30th December** 7am-10pm
- Saturday 31st December** 8am-3pm
- Sunday 1st January** Closed
- Monday 2nd January** 7am-10pm

The Sauna will be open in line with the public swimming times.

Please contact reception for more details.



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

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