



Swimming Timetable

Spring – Summer 2010

Bradford Swimming Pool
01225 862970

Melksham Blue Pool
01225 703525

Trowbridge Sports Centre
01225 764342

Warminster Sports Centre
01985 212946

Westbury Swimming Pool
01373 822891

Main Pool

Monday

10.00am – 12.00pm	Ladies Recreation
10.00am – 1.30pm	Public Swim
1.30pm – 2.00pm	Hydrofitness
3.30pm – 6.00pm	Public Swim
9.00pm – 10.00pm	Adults Only

Tuesday

7.00am – 9.00am	Early Morning Swim*
10.30am – 11.30am	Mature Bathers
12.00pm – 1.30pm	Public Swim
2.00pm – 3.00pm	Ladies Only
3.00pm – 4.00pm	Public Swim
6.50pm – 7.15pm	Hydromax
7.15pm – 8.30pm	Public Swim
8.30pm – 9.30pm	Adults Only

Wednesday

7.00am – 9.00am	Early Morning Swim*
12.10pm – 1.30pm	Public Swim
2.30pm – 3.30pm	Mature Bathers
3.30pm – 6.30pm	Public Swim
8.00pm – 9.00pm	Aquafit

Thursday

7.00am – 9.00am	Early Morning Swim*
12.00pm – 1.30pm	Public Swim
2.30pm – 3.30pm	Ladies Only
6.00pm – 6.30pm	Hydromax
6.30pm – 8.00pm	Public Swim
8.00pm – 9.00pm	Adults Only
9.00pm – 10.00pm	BOA Water Polo Club

Friday

7.00am – 9.00am	Early Morning Swim*
9.00am – 10.00am	Mature Bathers
11.30am – 12noon	Hydrofitness
12noon – 1.30pm	Public Swim
2.30pm – 3.30pm	Ladies Only
3.30pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Adults Only

Saturday

11.00am – 12.30pm	Fun Swim
12.30pm – 1.30pm	Adults Only
1.30pm – 5.00pm	Public Swim

Sunday

8.30am – 12.30pm	Public Swim
1.00pm – 4.00pm	Public Swim

Small Pool

Monday

10.00am – 11.00am	Parent and Toddler (under 5's)
11.00am – 11.30am	Ladies Recreation Aquafit
11.30am – 12.00noon	Hydrotherapy
12.00noon – 1.30pm	Public Swim

Tuesday

10.00am – 11.15am	Parent and Toddler (under 5's)
11.20am – 12.00noon	Mobility Session
12.00noon – 1.30pm	Public Swim
1.30pm – 2.30pm	Aquafit
6.30pm – 7.30pm	Aqua Bump
7.30pm – 8.30pm	Aquafit

Wednesday

11.15am – 12.15pm	Disabled Session
12.15pm – 1.30pm	Public Swim
2.30pm – 3.30pm	Parent and Toddler (under 5's)
8.00pm – 9.00pm	Aqua fit

Thursday

12.00noon – 1.30pm	Public Swim
7.00pm – 8.00pm	Aquafit

Friday

10.30am – 12.00noon	Parent and Toddler (under 5's)
12.00noon – 1.30pm	Public Swim
2.30pm – 3.30pm	Duckling Lessons
3.30pm – 6.00pm	Public Swim

Saturday

11.00am – 12.30pm	Fun Swim
12.30pm – 1.30pm	Pool Available for Party Hire
1.30pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Lifesaving Club

Sunday

8.30am – 12.30am	Public Swim
1.00pm – 4.00pm	Public Swim
4.00pm – 5.00pm	Pool Available for party hire
5.00pm – 6.00pm	Pool Available for party hire

Fun Swims:

Height restrictions apply for the use of the Inflatable.

Unlimited Swim Memberships

Available from as little as £19 per month*
Ask at reception for further details.

*terms and conditions apply.

*Please note: This session includes 1 lane rope.

WESTBURY

Swimming Pool

Church Street, Westbury
enquiries@westburyswimmingpool.co.uk
01373 822891

Monday

7.00am – 9.15am	Public Swim
9.15am – 10.15am	Remedial Relaxation Swim
10.15am – 11.15am	AquaFit
11.30am – 12noon	Schools
12.10pm – 1.20pm	Adults Only

Tuesday

8.00am – 10.00am	Public Swim
10.00am – 11.00am	AquaFit
11.00am – 12noon	Parent & Toddler
12noon – 1.00pm	Adults Only
1.00pm – 3.00pm	Public Swim*
3.00pm – 4.00pm	Adults Only
4.00pm – 5.30pm	Public Swim

Wednesday

7.00am – 9.15am	Public Swim
9.15am – 10.15am	Remedial Relaxation Swim
10.15am – 11.15am	Public Swim / Swim Lessons ***
11.15am – 12.15pm	Adults Only
12.15pm – 1.15pm	Lessons
1.30pm – 2.30pm	Schools
2.40pm – 3.30pm	Mature Bathers

Thursday

7.30am – 9.15am	Public Swim
9.15am – 10.15am	Remedial Relaxation Swim
10.30am – 12noon	Schools
12.10pm – 1.00pm	Adults Only
1.00pm – 1.45pm	AquaFit
2.00pm – 3.00pm	Schools
3.10pm – 4.00pm	Schools/£1 Swim**

Friday

7.30am – 9.45am	Public Swim
11.45am – 1.30pm	Adults Only
1.30pm – 2.30pm	Parent & Toddler
2.30pm – 3.30pm	Mature Bathers
6.00pm – 7.00pm	Public Swim
8.00pm – 9.00pm	Adults Only

Saturday

1.00pm – 2.00pm	Adults Only
2.00pm – 4.00pm	Public Swim
4.00pm – 6.00pm	Pool Available for Birthday Parties / Private Hire

Sunday

8.30am – 10.00am	Adults only
10.00am – 11.00am	Parent & Child (under 8's)
11.00am – 1.00pm	Fun Swim
1.00pm – 3.00pm	Public Swim
3.00pm – 5.00pm	Fun Swim
5.00pm – 6.00pm	Pool available for Birthday Parties / Private Hire

Please Note

Timetable is subject to change. Please note that there is a different timetable for April and May / June school holidays.

*Staff training sessions will run in this slot once a month instead of Public Swim. This usually occurs on the third Tuesday of the month. Contact reception for dates.

**Schools session running in this slot. Please contact reception for dates. £1 swimming will commence when schools are not in.

*** Free Swimming Lessons will run throughout the year in this slot. Please contact reception for dates. Public swimming will commence when lessons are not in.

A Government initiative scheme will affect the timetable for two weeks in June. This initiative is to get children swimming 25m by the time they have finished Primary School. The affected weeks are week beginning Monday 14th & Monday 21st June. This will affect our morning swims and the timetable for the following weeks will be as follows:

Monday

7.00am – 8.15am	Public Swim
9.15am – 10.15am	Remedial Relaxation Swim – Cancelled

Tuesday

8.00am – 10.00am	Public Swim - Cancelled
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Wednesday

7.00am – 8.15am	Public Swim
9.15am – 10.15am	Remedial Relaxation Swim – Cancelled

Thursday

7.30am – 8.15am	Public Swim
9.15am – 10.15am	Remedial Relaxation Swim – Cancelled

Friday

7.30am – 8.15am	Public Swim
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Primary School Gala will affect the timetable on Wednesday 26th May 10.30am – 12.30pm. The timetable will be as follows.

7.00am – 9.00am	Public Swim
9.00am – 10.00am	Remedial Relaxation Swim

The sessions listed below will be cancelled or moved

10.15am – 11.15am	Public Swim / Lessons - Cancelled
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Lesson to run on Wed 2nd June

11.15am – 12.15pm	Adults Only – Cancelled
12.15pm – 1.15pm	Swimming lessons to run
12.45pm – 1.15pm	

Children under 8 must be supervised in the water and in the changing rooms by a parent or adult (18+). A maximum of 2 children under 8 is permitted per parent / adult. This is the recommendation of the Health & Safety Executive.

MELKSHAM

Blue Pool

Market Place, Melksham,

T. 01225 703525 Textphone users add prefix 18001 to access TYPETALK
enquiries@melkshambbluepool.co.uk

Monday

7.00am – 9.00am	Early Morning Swim with Adult Lane
11.30am – 12.30pm	Aquafit
12.30pm – 1.30pm	Lunchtime Public Swim
2.30pm – 4.00pm	Mature Bathers
5.30pm – 6.30pm	Public Swim
9.00pm – 10.00pm	Adult Only Lane Swim

Tuesday

7.00am – 9.00am	Early Morning Swim
11.30am – 12.30pm	Mature Bathers
12.30pm – 1.45pm	Adult Only
1.45pm – 3.15pm	Public Swim
5.30pm – 7.00pm	Public Swim
7.00pm – 8.00pm	Aquafit
8.00pm – 9.30pm	Adults Only

Wednesday

7.00am – 9.00am	Early Morning Swim with Adult Lane
11.30am – 12.30pm	Hydrofit
12.30pm – 1.30pm	Adults Only Lane Swim
1.30pm – 3.00pm	Public Swim
3.00pm – 4.00pm	Ladies Only
5.30pm – 7.30pm	Public Swim
7.30pm – 8.30pm	Swim Gym
8.30pm – 10.00pm	Adults Only

Thursday

7.00am – 9.00am	Early Morning Swim
12.30pm – 1.30pm	Lunchtime Public Swim
2.00pm – 3.00pm	Mature Bathers
3.00pm – 4.00pm	Public Swim
5.30pm – 7.00pm	Public Swim
7.00pm – 8.00pm	Aquafit
9.00pm – 10.00pm	Adults Only

Friday

7.00am – 9.00am	Early Morning Swim with Adult Lane
12.00pm – 1.00pm	Lunchtime Lane Swim
2.00pm – 3.00pm	Mature Bathers
3.00pm – 4.00pm	Public Swim
4.00pm – 6.30pm	Swimming Lessons
6.30pm – 7.30pm	Public Swim with Adult Lane

Saturday

10.00am – 12.00pm	Swimming Lessons
12.00pm – 2.00pm	Public Swim
2.00pm – 3.30pm	Fun Swim
3.30pm – 5.00pm	Family Swim
5.00pm onwards	pool available for Private Hire

Sunday

7.30am – 9.00am	Adults Only with One Lane
9.00am – 10.30am	Parent & Child (under 8's)
10.45am – 12.00pm	Fun Swim
12.00pm – 2.00pm	Public Swim
2.00pm – 3.30pm	Family Swim
3.30pm – 5.15pm	Public Swim
5.15pm – 6.00pm	Adult Swimming Lessons

* Family Swim – a session only for family groups, no individuals will be granted entry

Learn to Swim

We take children as young as 12months on our Swim Academy Programme, children will follow the ASA National Plan for teaching swimming which caters for all ages and abilities developing your child from beginner to elite. For further information or to book your child's place please contact reception.



TROWBRIDGE

Sports Centre

Frome Road, Trowbridge
enquiries@trowbridgesportscentre.co.uk
01225 764342

Monday

7.00am - 8.45am	Public Swim / Lane Swimming
12.00pm - 1.00pm	Lunchtime Swim / Lane Swimming
1.35pm - 2.30pm	Public Swim / Pre School Lessons
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Aqua Fit / Diving Lessons
7.00pm - 8.00pm	Public Swim & Adult Lane Swim / Development Swimming Lessons
8.00pm - 9.00pm	Adult Swim / Adult Swim Technique Lessons
9.00pm - 10.00pm	Staff Training / Scuba Diving

Tuesday

7.00am - 8.45am	Public Swim / Lane Swimming
12.00pm - 1.00pm	Lunchtime Swim / Lane Swimming
1.35pm - 2.30pm	Public Swim / Pre School Lessons
2.30pm - 3.25pm	Ladies Only
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Adult Lane Swimming / Swimming Lessons
7.00pm - 9.00pm	Trowbridge Swimming Club
9.00pm - 10.00pm	Public Swimming

Wednesday

7.00am - 8.45am	Public Swim / Lane Swimming
1.05pm - 2.30pm	Lunchtime Swim / Lane Swimming
2.35pm - 3.25pm	Public Swim / Pre School Lessons
3.30pm - 6.00pm	Swimming Lessons / Diving Lessons
6.00pm - 7.00pm	Aqua Fit / Diving Lessons
7.00pm - 8.30pm	Force Five
8.35pm - 10.00pm	Public Swim / Adult Lane Swim

Thursday

12.15pm - 2.25pm	Lunchtime Swim / Lane Swimming
2.30pm - 3.25pm	Mature Bathers / Free Beginner 60+ Lessons
3.30pm - 6.00pm	Swimming Lessons
6.00pm - 7.00pm	Adult Lane Swimming / Swimming Lessons
8.30pm - 10.00pm	Public Swim / Adult Lane Swim

Friday

7.00am - 8.45am	Public Swim / Lane Swimming
11.00am - 12.00pm	Hydro Fit / Pre School Lessons
12.00pm - 1.25pm	Lunchtime Swim / Lane Swimming
3.30pm - 6.00pm	Swimming Lessons
6.05pm - 7.00pm	Fun Swim
7.00pm - 10.00pm	Trowbridge Swimming Club

Saturday

8.30am - 11.00am	Swimming Lessons
11.00am - 12.00pm	Family Fun Zone
12.00pm - 1.00pm	Adult Swim / Lane Swimming
1.00pm - 2.00pm	Public Swim
2.00pm - 3.00pm	Fun Swim
3.00pm - 4.00pm	Public Swim
4.00pm - 6.00pm	Pool Available For Hire

Sunday

8.30am - 10.00am	Public Swim / Adult Lane Swimming
10.00am - 11.00am	Parent & Child Session / Fun Zone
11.00am - 12.00pm	Parent & Child Session / Fun Zone
12.00pm - 1.00pm	Pool Available For Hire
1.00pm - 2.00pm	Fun Swim
2.00pm - 3.00pm	Public Swim
3.00pm - 4.00pm	Public Swim / Lane Swimming
4.00pm - 6.30pm	Adult Swim / Adult Lessons

Please Note: The pool is closed on Saturday 25th April 2010 from 2.00pm - 4.00pm

Swimming Lessons

Learn to swim with our extensive swimming lesson programme. We cater for all ages and abilities. From beginners to the advance. All lessons follow the ASA national teaching plan with fully qualified teachers. For further information please contact reception 01225 764342.

Trowbridge Sports Centre is a dual use site with Clarendon College. Under this arrangement the pool timetable is subject to change between 8.45am - 5.30pm. If Clarendon College make any amendments to the Pool programme we will of course keep you informed at the earliest opportunity.

Free Swimming

As part of the Government's initiative to get two million more people active by 2012, adults aged 60 or over and children up to the age of 16 can swim for free at the Wiltshire DC Leisure Centres. Adults and Children aged 11 or over can also get free swimming lessons.

Swimming is one of the best all-round forms of exercise, and is particularly good for people with mobility problems or those who wish to protect their joints. And it's great fun too. Allowing children and older adults to swim for free is an ideal way of encouraging them to lead healthier, more active lives.

Learning to Swim

There is always a good time for a child to learn to swim. The younger a child starts to swim the quicker they gain confidence in the water. We offer a comprehensive programme of swimming tuition to suit all needs and abilities. All courses are run in accordance with the Amateur Swimming Association (ASA) National Award Scheme and are designed to ensure that all participants can be introduced to swimming and gain confidence in a safe and enjoyable environment

SWIMMING ACADEMY

The main Swimming Academy Programme follows the ASA National Plan for Teaching Swimming (NPTS) which has recently been updated. This was introduced to improve the quality, consistency and safety of swimming lessons across the country. Our swimming lessons runs continuously for 50 weeks of the year and offer a monthly easy payment scheme however we do provide five payments blocks during the year.

SWIMMERS PROGRESS REPORT

During the year your child will be continually assessed on their progress. If your child is in Stage 1 to 7 then five times a year you will receive a feedback sheet which also acts as a payment reminder. This identifies the skills which have been achieved to the required standard on a number of occasions as well as providing you with other relevant information from the centre. To progress to the next stage 100% achievement is required.

Anyone wishing to take advantage of this offer can register for free swimming at the centre or online at www.dcleisurecentres.co.uk

For further information about how to register, please contact you're nearest Wiltshire DC Leisure Centre.

DC Leisure Management Ltd and Wiltshire Council reserve the right to change the terms and conditions of the offer. Customers will be informed prior to changes.

PRIVATE SWIMMING LESSONS

Our swimming teachers are available for private lessons which can include up to 2 children or adults. They offer tuition which is specifically tailored to your requirements, whether to help with a specific skill or a variety this is another option to consider.

ADULT LESSONS

If you would like to learn to swim or to improve your technique on a particular stroke then you might want to consider joining our adult swimming lesson scheme. For further information please contact reception at your preferred site.



WARMINSTER

Sports Centre

Woodcock Road, Warminster
enquiries@warminstersportscentre.co.uk
T. 01985 212946

Monday

7.00am – 9.00am Early Birds (1 lane)
9.00am – 9.45am Aqua Aerobics
12.10pm – 12.50pm Lunchtime Dip (Adults Only)
3.15pm – 4.00pm Mature Bathers
4.00pm – 6.30pm Public Swim
(half pool, along side swim lessons)
8.30pm – 9.30pm Aqua Aerobics
9.30pm – 10.30pm Adults Only

Tuesday

12.10pm – 12.50pm Relaxation Swim
(Adults Only)
5.00pm – 6.00pm Ladies Only (Adults Only)
6.00pm – 8.00pm Public Swim
8.00pm – 10.00pm Adults Only (Half Laned)
*Please see info box below

Wednesday

7.00am – 9.30am Early Birds (1 lane)
12.20pm – 1.20pm Adult Lunchtime Dip
*Please see info box below
6.00pm – 7.00pm Adult Lane Swim/
Public Swim
7.00pm – 8.15pm Public Swim
8.15pm – 9.00pm Aqua Aerobics
9.00pm – 10.00pm Adult Lane Swim

Thursday

7.00am – 9.15am Early Birds (1 lane)
11.40am – 1.20pm Public Swim
5.30pm – 7.00pm Public Swim

Friday

7.00am – 9.15am Early Birds Laned Swim
12.10pm – 12.50pm Lunchtime Dip (Adults Only)
2.45pm – 3.30pm Mature Bathers
5.30pm – 6.30pm Public Swim
8.00pm – 9.00pm Adult Lane Swim

Saturday

11.30am – 1.00pm Fun Swim
1.00pm – 2.00pm Relaxation Swim
(Adults Only)
2.00pm – 4.00pm Public Swim
5.00pm – 9.00pm Pool Available for Private Hire

Sunday

8.00am – 10.00am Early Birds
10.00am – 11.00am Parent & Toddler
11.00am – 12noon Adults Only (half pool laned)
12noon – 2.00pm Fun Swim
2.00pm – 4.30pm Public Swim

Relaxation Swim

Please be aware that these sessions are aimed to be a gentle and stress – free session where vigorous swimming will not be permitted.

Staff Training*

Tuesday:

Apr 20, May 18, June 15, Jul 20, Aug 17.

The adult swim will run from 9.00pm – 10.00pm only

Wednesday:

Apr 28, May 26, Jun 23, Jul 28, Aug 25.

The lunchtime dip will be cancelled.



Please Note

Warminster Sports Centre is a dual use site with Kingdown School. Under this arrangement Kingdown School will have the use of the Swimming Pool to meet their National Curriculum requirements.

It may be necessary to cancel some sessions due to this agreement.

Children under 8 years of age must be supervised in the water and in the changing rooms by a parent or adult (18+). A maximum of 2 children under 8 years of age are permitted per parent/ adult. This is the recommendation of the Health & Safety Executive.

How to find us...

Bradford Swimming Pool

Station Approach, Bradford on Avon

www.bradfordswimmingpool.co.uk/enquiries@bradfordswimmingpool.co.uk
01225 862970

Melksham Blue Pool

Market Place, Melksham

www.melkshambluepool.co.uk/enquiries@melkshambluepool.co.uk
01225 703525 Supported by Tynetalk, Fax 01225 703279

Trowbridge Sports Centre

Frome Road, Trowbridge

www.trowbridgesportscentre.co.uk/enquiries@trowbridgesportscentre.co.uk
01225 764342

Warminster Sports Centre

Woodcock Road, Warminster

www.warminstersportscentre.co.uk/enquiries@warminstersportscentre.co.uk
01985 212946

Westbury Swimming Pool

Church Street, Westbury

www.westburyswimmingpool.co.uk/enquiries@westburyswimmingpool
01373 822891



Supervision Policy

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

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

