



# Swimming Timetable

## Autumn – Winter 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

### Thursday

7.00am – 9.00am	Early Morning Swim*
12.00pm – 1.30pm	Public Swim
2.30pm – 3.30pm	Ladies Only
6.15pm – 6.45pm	Hydromax
6.45pm – 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 – 12.00pm	Hydrofitness
12.00pm – 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 – 12.15pm	Public Swim
12.30pm – 1.30pm	Pool available for party hire
1.45pm – 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 – 12.00pm	Hydrotherapy
12.00pm – 1.30pm	Public Swim

### Tuesday

10.00am – 11.15am	Parent and Toddler (under 5's)
11.20am – 12.00pm	Mobility Session
12.00pm – 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	Aquafit

### Thursday

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

### Friday

10.30am – 12.00pm	Parent and Toddler (under 5's)
12.00pm – 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 – 12.15pm	Public Swim
12.30pm – 1.30pm	Pool available for party hire
1.45pm – 4.00pm	Public Swim

### 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 – 9.30am	Public Swim
9.30am – 10.30am	Remedial Relaxation Swim
10.30am – 11.30am	AquaFit
11.30am – 1.20pm	Adults Only
2.30pm – 3.30pm	Ladies Only
6.00pm – 7.00pm	Public Swim
7.00pm – 8.00pm	Aqua Bump
8.00pm – 9.00pm	AquaFit
9.00pm – 10.00pm	Adults Only

## Tuesday

8.00am – 10.00am	Public Swim
10.00am – 11.00am	AquaFit
11.00am – 12.00pm	Parent & Toddler (under 4's)
12.00pm – 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 – 9.30am	Public Swim
9.30am – 10.30am	Remedial Relaxation Swim
10.30am – 11.15am	Public Swim / Swim Lessons
11.15am – 12.15pm	Public Swim
2.40pm – 3.30pm	Mature Bathers
5.30pm – 7.00pm	Public Swim
9.00pm – 10.00pm	Ladies Only

## Thursday

7.30am – 9.15am	Public Swim
9.15am – 10.15am	Remedial Relaxation Swim
12.10pm – 1.00pm	Adults Only
1.00pm – 1.45pm	AquaFit
3.10pm – 4.00pm	Schools/£1 Swim**
6.00pm – 7.00pm	Public Swim
7.00pm – 8.00pm	AquaFit
9.00pm – 10.00pm	Adults Only Lane Swim

## Friday

7.30am – 9.45am	Public Swim
12.15pm – 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 October and December 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.

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.

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.

## Course Information

- Swim lessons from age 2.5 upwards
- AquaFit for the adults.
- Rookie Lifeguard for stage 8 upwards

Please contact reception for more information.

# 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  
9.00am – 9.45am Aqua Bump (ante)  
9.45am – 10.30am Aqua Bump (post)  
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 Hydrofit  
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 – 11.45pm Fun Swim  
12.00pm – 1.00pm Pool Available For Party Hire  
1.00pm – 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

## Week 1 Commencing

September 6th / 20th, October 4th / 18th, November 8th / 22nd, December 6th / 20th

### Monday

7.00am – 8.45am	Public Swim / Lane Swim
12.05pm – 12.35pm	Lane Swim / Public Swim
2.35pm – 3.25pm	Ladies Only
3.30pm – 6.00pm	Swim Lessons
6.00pm – 7.00pm	Aquafit / Diving Lessons
7.00pm – 8.00pm	Public Swim & Adult Lane Swim
8.00pm – 9.00pm	Adult Swim / Adult Swim Technique Lessons
9.00pm – 10.00pm	Staff Training

### Tuesdays

7.00am – 8.45am	Public Swim / Lane Swim
12.05pm – 1.30pm	Lane Swim / Public Swim
4.00pm – 6.00pm	Swim Lessons
6.00pm – 7.00pm	Adult Lane Swim
7.00pm – 9.00pm	Trowbridge Swim Club
9.00pm – 10.00pm	Public Swim

### Wednesdays

7.00am – 8.45am	Public Swim / Lane Swim
1.05pm – 2.30pm	Lane Swim / Public Swim
2.30pm – 3.30pm	Pre School Lessons
4.00pm – 6.00pm	Swim Lessons / Diving Lessons
6.00pm – 7.00pm	Aquafit / Diving Lessons
7.00pm – 8.30pm	Force Five
8.35pm – 10.00pm	Public Swim / Adult Lane Swim

### Thursdays

1.05pm – 1.35pm	Lane Swim / Public Swim
2.35pm – 3.25pm	Mature Bathers
3.30pm – 6.00pm	Swim Lessons
6.00pm – 7.00pm	Adult Lane Swim / Swim Lessons
8.30pm – 10.00pm	Public Swim / Adult Lane Swim

### Fridays

7.00am – 8.45am	Public Swim / Lane Swim
10.45pm – 12.00pm	Public Swim
1.05pm – 1.35pm	Lane Swim / Public Swim
3.30pm – 6.00pm	Swim Lessons
6.05pm – 7.00pm	Public Swim
7.00pm – 10.00pm	Trowbridge Swim Club

### Saturdays

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

### Sundays

8.30am – 10.00am	Public Swim / Lane Swim
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 Party Hire
1.00pm – 2.00pm	Fun Swim
2.00pm – 3.00pm	Adult Swim / Adult Lane Swim
3.00pm – 4.00pm	Public Swim
4.00pm – 6.30pm	Adult Swim / Adult Lessons

## Swimming Lessons

Learn to swim with our extensive swimming lesson programme. We cater for all ages and abilities; from beginners to advanced swimmers. 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.

# TROWBRIDGE

Sports Centre

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

## Week 2 Commencing

September 1st / 13th / 27th, October 11th, November 1st / 15th / 29th, December 13th.

### Monday

7.00am – 8.45am Public Swim / Lane Swim  
10.00am – 11.00am Parent and Toddler Session  
12.05pm – 12.35pm Lane Swim / Public Swim  
2.35pm – 3.25pm Ladies Only  
3.30pm – 6.00pm Swim Lessons  
6.00pm – 7.00pm Aquafit / Diving Lessons  
7.00pm – 8.00pm Public Swim & Adult Lane Swim  
8.00pm – 9.00pm Adult Swim / Adult Swim Technique Lessons  
9.00pm – 10.00pm Staff Training

### Tuesdays

7.00am – 8.45am Public Swim / Lane Swim  
10.00am – 12.00pm Public Swim  
1.05pm – 1.35pm Lane Swim / Public Swim  
4.00pm – 6.00pm Swim Lessons  
6.00pm – 7.00pm Adult Lane Swim / Swim Lessons  
7.00pm – 9.00pm Trowbridge Swim Club  
9.00pm – 10.00pm Public Swim

### Wednesdays

7.00am – 8.45am Public Swim / Lane Swim  
1.05pm – 1.35pm Lane Swim / Public Swim  
2.30pm – 3.30pm Pre School Lessons  
4.00pm – 6.00pm Swim Lessons / Diving Lessons  
6.00pm – 7.00pm Aquafit / Diving Lessons  
7.00pm – 8.30pm Force Five  
8.35pm – 10.00pm Public Swim / Adult Lane Swim

### Thursdays

1.05pm – 1.35pm Lane Swim / Public Swim  
2.35pm – 3.25pm Mature Bathers  
3.30pm – 6.00pm Swim Lessons  
6.00pm – 7.00pm Adult Lane Swim / Swim Lessons  
8.30pm – 10.00pm Public Swim / Adult Lane Swim

### Fridays

7.00am – 8.45am Public Swim / Lane Swim  
12.15pm – 2.15pm Lane Swim / Public Swim  
3.30pm – 6.00pm Swim Lessons  
6.05pm – 7.00pm Public Swim  
7.00pm – 10.00pm Trowbridge Swim Club

### Saturdays

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

### Sundays

8.30am – 10.00am Public Swim / Lane Swim  
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 Party Hire  
1.00pm – 2.00pm Fun Swim  
2.00pm – 3.00pm Adult Swim / Adult Lane Swim  
3.00pm – 4.00pm Public Swim  
4.00pm – 6.30pm Adult Swim / Adult Lessons



# WARMINSTER

Sports Centre

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

This timetable will run until Sunday 21st Nov 2010. This is due to Kingdown School dual use agreement. Please contact reception for further details.

## Monday

7.00am – 9.00am	Early Birds Laned Swim
9.00am – 9.45am	Aqua Aerobics 40+**
12.10pm – 12.50pm	Lunchtime Dip (Adults Only)
3.15pm – 4.00pm	Mature Bathers
4.00pm – 6.30pm	Public Swim (half pool, alongside 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 opposite

## Wednesday

7.00am – 9.30am	Early Birds Laned Swim
12.20pm – 1.20pm	Adult Lunchtime Dip *Please see info box opposite
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 – 1.10pm	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 Party Hire

## Sunday

8.00am – 10.00am	Early Birds
10.00am – 11.00am	Parent & Toddler (under 5's)
11.00am – 12.00pm	Adults Only (half pool laned)
12.00pm – 2.00pm	Fun Swim
2.00pm – 4.30pm	Public Swim

\*\* Finishes 15th Nov 2010.

## 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

21st Sept, 19th Oct, 16th Nov & 7th Dec 2010

The Adults Only Swim will run from 9.00pm - 10.00pm ONLY

### Wednesday

29th Sept, 27th Oct, 24th Nov & 15th Dec 2010

Adult Lunchtime Swim 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](http://www.bradfordswimmingpool.co.uk/enquiries@bradfordswimmingpool.co.uk)

01225 862970

## Melksham Blue Pool

Market Place, Melksham

[www.melkshambluepool.co.uk/enquiries@melkshambluepool.co.uk](http://www.melkshambluepool.co.uk/enquiries@melkshambluepool.co.uk)

01225 703525 Supported by Typetalk, Fax 01225 703279

## Trowbridge Sports Centre

Frome Road, Trowbridge

[www.trowbridgesportscentre.co.uk/enquiries@trowbridgesportscentre.co.uk](http://www.trowbridgesportscentre.co.uk/enquiries@trowbridgesportscentre.co.uk)

01225 764342

## Warminster Sports Centre

Woodcock Road, Warminster

[www.warminstersportscentre.co.uk/enquiries@warminstersportscentre.co.uk](http://www.warminstersportscentre.co.uk/enquiries@warminstersportscentre.co.uk)

01985 212946

## Westbury Swimming Pool

Church Street, Westbury

[www.westburyswimmingpool.co.uk/enquiries@westburyswimmingpool](http://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.

Please gain the permission from the Duty Manager before cameras are used within the Centre.



Use of hand paddles/fins/snorkle masks or mouth pieces will not be permitted during public / adult sessions. Please contact your site for detailed sessions.