

GYM ONLY MEMBERSHIP  
AVAILABLE



# Sport & Leisure Programme

2011 – 2012

Fakenham Sports & Fitness Centre

Tel: 01328 850010

Splash Leisure & Fitness Centre

Tel: 01263 825675

Victory Swim & Fitness Centre

Tel: 01692 409370

# Welcome...

We have 3 superb facilities across North Norfolk, at Fakenham, North Walsham and Sheringham. These fabulous centres offer you, your family and friends a wide range of activities that appeal to all ages. All 3 of our facilities now offer FREE Wifi.

Each of the centres boasts top of the range equipment in our Kinetika gyms.

## Fakenham Sports and Fitness Centre

Facilities on offer

- Air conditioned kinetika gym
- Air conditioned workout studio
- Community room for hire
- Sports hall
- Football
- Badminton/Short Tennis
- Netball
- Basketball, Volleyball
- Indoor cricket nets
- Gymnastics
- Trampolining
- Junior activities
- Pre-school activities
- Children's birthday parties
- Outdoor Pitch
- Tennis Coaching
- Disabled access and facilities
- Personal training
- Lower back pain management
- Massage

## Splash Leisure and Fitness Centre

Facilities on offer

- Air conditioned fitness room
- Air conditioned dance studio
- Leisure pool
- Beach area
- 150ft waterslide
- Wave machine
- Vending machines
- Activity hall
- Sauna  
(separate male and female)
- Solarium
- Junior activities
- Dedicated changing facilities
- Badminton/Short tennis
- Children's soft play area
- Swimming Lessons,
- Children's Birthday Parties,
- Tennis Courts
- Free Car Parking

## Victory Swim and Fitness Centre

Facilities on offer

- Fabulous kinetika gym offering state of the art equipment.  
**kinetika Gym Opening Times  
Mon to Fri 7am – 9.30pm Sat  
and Sun 8am – 6pm**
- Workout Studio – to supplement your gym workout try one of our Group Exercise Classes which are designed to cater for all levels of fitness
- 25 metre Competition Pool
- Free Car Parking
- Community Room
- Vending Machines
- Range of Membership Options
- Swimming Lessons – Adults and Juniors
- Children's Birthday Parties
- Movable Floor

Children under 8 years old must be supervised by a parent or Adult (18 years old) throughout their use of the pool and facilities. A maximum of 3 children under 8 is permitted per parent/adult.

## Our Customer Promise

### We will strive to:

- Serve every customer effectively and efficiently and with courtesy
- Provide customers with a welcoming, clean and safe building, car park and grounds
- Provide an extensive programme of courses, activities and events
- Ensure that the Centre provides Sport for All
- Provide a Manager at all public opening times to deal with all matters of concern to our users
- Regularly monitor our Customer's satisfaction with our service
- Never forget that it is the Customers who are the focus of our Business

### We ask our Customers to:

- Enjoy their visit, tell their friends if they did and inform the Centre Management if they did not
- Abide by the Centre's rules and regulations which are there for the safety and benefit of everyone
- Respect our property and buildings and the property of other customers

Customer feedback forms can be located at reception and in kinetika. We are always grateful for your feedback and encourage feedback forms to be completed.

# kinetika Gyms

Whatever your fitness level, age and goals we have something to offer you. If you would like to lose weight, tone up, increase your strength or improve your health, our highly qualified staff will motivate you and keep you on track. If you want a 10 minute workout or an hour, every day or once a week, our staff are here to help. Our gyms offer state of the art machines, user friendly resistance training equipment and a great range of free weights. We can cater for everyone's health and fitness needs.

Please also see our websites for group workout, holiday activities and children's timetables.

DC Leisure supports  
the government's  
Change4Life campaign.



To maintain a healthy weight, we need to both eat well and move more. Many families are making changes that will help them live healthier and longer. Visit [www.nhs.co.uk/Change4Life](http://www.nhs.co.uk/Change4Life) or call 0300 123 3434 for more information

## The kinetika Journey

Our kinetika journey enables you to meet with a member of our fitness team 5 times on a one to one basis during your first month. During these sessions we will assess your exercise goals, discuss your personal programme and ensure you have a thorough understanding of what you are doing and why.

### Appointment 1

- Review short and long term exercise goals
- Set benchmarks
- Discuss personal programme
- Plan workout

### Appointment 2

- Complete workout
- Check technique
- Review programme card

### Appointment 3

- Review progress
- Motivation training session 1

### Appointment 4

- Review progress
- Motivation session 2

### Appointment 5

- 1st review
- Discuss progress
- Review benchmarks
- Discuss and agree future training

## Want more?

### Personal Training

Whether you want to run a marathon, run to the end of the street or just get started in the gym, personal training can help you.

Please contact reception for further details or speak to one of our on site personal trainers.

Available at all sites.

### Pay per Visit Gym Use

You can enjoy using our kinetika gym on a pay per visit basis. Join us as an Authorised Gym User and you can use the gym without making a long term financial commitment. All you need to do is to pay an initial fee when you register which in your first year will include a basic gym programme and an induction to the gym. Then you just pay a small fee each time you visit the gym. If this way of using the gym suits you then contact reception for more information.

You can also enjoy workout classes and swimming on a pay per visit basis. Refer to pages 10, 13 and 14 for more information.

# kinetika Membership

To ensure that you enjoy all the benefits that Fakenham Sports & Fitness Centre, Splash Leisure & Fitness Centre and Victory Swim & Fitness Centre has to offer and save yourself pounds, ask to speak to a Customer Advisor who will be happy to give you details of all our membership packages and prices.

## kinetika MEMBERSHIP INCLUDES:

- Unlimited use of kinetika gym
- Free induction to kinetika gym
- kinetika journey
- Unlimited Swimming – during public swim sessions
- Unlimited classes in the Workout Studio

## kinetika FAMILY MEMBERSHIP

This is an ideal way for the whole family to enjoy the benefits of Fakenham Sports & Fitness Centre, Splash Leisure & Fitness Centre and Victory Swim & Fitness Centre. Two adults and their children (under 18 yrs) can receive free use of a whole host of facilities.

### Gym Only Membership

Low Cost Gym Membership with unlimited use of the kinetika gym.

## CORPORATE MEMBERSHIP

Fitness can help individuals deal with stress and give them more energy. As a group a corporate membership can build team spirit and boost morale. At Fakenham Sports & Fitness Centre, Splash Leisure & Fitness Centre and Victory Swim & Fitness Centre we can tailor packages for individual company needs. We offer large discounts depending on the number of people who join the corporate deal. Discounts start from as few as 5 employees (spouses and partners included).

## FAMILY SWIM MEMBERSHIPS

Swimming is a fantastic way to lose weight and a moderate swim in the pool can burn around 600 calories per hour. 20 minutes non stop in the pool can have the same benefit as 20 minutes in the gym.

A morning swim will get you ready for the day ahead and will leave you feeling refreshed a swim can be a great stress reliever after a stressful day or. Swimming is a great way to tone, shape & sculpt muscles. The Swim Membership option is a great way to save money and stay fit and healthy.

For further information about all our membership options contact one of our Customer Advisors.

# The Workout Studio

## kinetika class timetable

### Booking Information

Members can book classes 7 days in advance by quoting their membership number, with casual users being able to book 6 days in advance. Payment is taken at time of booking. Due to the popularity of our programme, we do not refund pre-paid classes.

How many classes are you doing each week? kinetika membership can save you pounds.

For more information ask to speak to a Customer Advisor.

Remember to pick up our current group exercise time table from reception or download from our website.



# Birthday Parties

## Wobstacle Party (Victory only)

Your own private party with our big inflatable obstacle course organised and supervised by our party host. Children must be over the age of 8 and be able to swim unaided. Only available weekends.

## Cool Pool Party (Victory only)

Organised games with our party host, full of fun and laughs. Suitable for all ages (Floor can be raised). Only available weekends.

## Double the Fun – 30 minutes

with the big inflatable obstacle course and 30 minutes in the pool of fun and games with our party host. (Children must be over the age of 8 and be able to swim unaided).

## Ultimate Games Party

Action packed indoor party, supervised by our party host in the dance studio, with a variety of party games for all ages.

## Traditional Birthday Party

A party with all the favourites. Pass the parcel, musical statues, parachute and ball games.

## Splash Private Hire Party

(Splash Only)

Enjoy the freedom of the wave pool and slide. This is a no food option, Parents can bring their own food and this will be chargeable. 1 hour available.

## Bouncy Castle Party (Fakenham only)

Have a bounce-tastic time with this party, including traditional party games and many other activities.

## Football and Multi-Sport Parties

Let the kid's decide -football for the whole party or a mix of sports in our multi-use sports hall.

- Minimum 10 children
- Supervisor provided for all parties.
- Parties can only be provided during the weekends and holidays.
- Parties last for 2 hours
- Food available upon request
- Deposit £30

For more details, please contact the sites reception

**FAKENHAM**  
Sports and Fitness Centre

**Fakenham Sports and Fitness Centre**  
**Tel: 01328 850010**

**SPLASH**  
Leisure & Fitness Centre

**Splash Leisure and Fitness Centre**  
**Tel: 01263 825675**

**VICTORY**  
Swim & Fitness Centre

**Victory Swim and Fitness Centre**  
**Tel: 01692 409370**



# Fakenham Sports and Fitness Centre

## Sports Hall & Sports Clubs

### Clubs

Many local clubs take advantage of our superbly equipped sports hall. We cater for such sports as Football, Cricket, Netball, Badminton and Baton Twirling to name a few.

Clubs are able to apply for time in the hall by obtaining a block booking form from reception. The following clubs use the hall on a regular basis:

- Fakenham Cricket Club
- Fakenham Community Badminton Club
- Liberty Baton Twirlers
- Karate
- Aikido
- Fakenham Gymnastics Club
- Fakenham Bowmen

Watch out for special offers around the centre



Outdoor pitch available for hire

### Netball

Have you ever wanted to get Back 2 Netball after a break from playing? Then this one is for you! Sessions are designed to suit all abilities and are a great way to keep fit, have fun and socialise. Thursdays 6.00 – 8.30pm

### Football Fun

Ages 4-7yrs. Improve the overall technique in today's game, ranging from passing, dribbling, turning, shooting, defending and attacking.

### Junior Badminton Coaching

Beginner Badminton sessions with a qualified badminton coach. All abilities welcome ages 5-15 years, Mondays 7 – 8pm.

### Badminton Social

Monday 8.00pm – 10.00pm and Friday 8.00pm – 10.00pm

Just turn up and play badminton in a fun relaxed friendly environment. Adults only – all abilities are welcome.

### Corporate Sports Events

For more information speak to our general manager or contact reception for more details.

### Community Room

Need somewhere to meet or need a training venue for one off or regular occasions? Spacious room available day or evening.

- Pleasant surroundings
- Clean Facilities
- Friendly staff
- Refreshments available

Also the ideal club or group meeting venue

# Fakenham Gymnastics Club

## Gymnastics Courses

### Monkey Business

A pre school gymnastics class incorporating basic skills and fun play. A chance to work on improving flexibility, co-ordination, balance and interaction with others. The class works alongside British Gymnastics badge schemes to allow progression. The course is open to all children from 2½ to 5 years of age. The children are then given the opportunity to progress to our recreational groups.

### Recreational gymnastic classes

A fun recreational class working on building basic skills to provide the opportunity for progression. The course works alongside the British Gymnastics award schemes. A fantastic way to improve flexibility, co-ordination, agility, balance and awareness and try out some new moves on our gymnastics equipment. The course is open to all abilities from 5 years to 15 years.

### Intermediate/Advanced gymnastic classes

These are the progression groups from our recreational sessions and cater for the higher abilities. The course still works to the British Gymnastics award schemes but children have the opportunity to build upon basic skills to turn them into more complex routines. 5 years to 15 years.



## Trampolining

10 week courses + sessions available

All work towards the British Trampolining Gymnastics Awards.

Casual trampoline sessions are also available.

For more information please contact reception on 01328 850010.



## Boxtastic

A six-week course to kick-start your fitness, this is a fantastic, fun way to shed those extra pounds. A mixed workout plus a free factsheet on weight loss at every session



## School Holiday Court Hire Special Offers

Don't let your children get bored over the school holidays we offer a wide range of fun sport activities for all ages to keep them occupied.

Please see reception or our website for more information about the fun timetable that we run during school holidays and half term. Available to members and non-members.

## kinetika Fitness Room

Our fantastic kinetika fitness room is designed to help you achieve your fitness goals in a fun, motivated environment. Our fully qualified instructors can design a personal exercise programme to suit your needs and will always be on hand to offer help and advice.

The facilities available include:

- Fitness and calorie burning equipment
- Body shaping and strengthening equipment
- Lifestyle appraisals and personal fitness programming
- Fitness assessments and consultations

The facilities are FREE to kinetika members but can also be used on a casual basis once an induction has been completed.

## Junior kinetika

(11 – 15 yr olds)

### TIMES

**Mon-Fri**

3.45-4.30pm

4.30-5.15pm

**Saturday and Sunday**

10.00-11.00am

11.00-12.00noon

**Additional sessions also available in school holidays**

**Free to Family Members**

Contact reception for details



## Over 50s Activities

### Exercise Classes

Monday 10.30am-11.30am

Thursday 9.30am-10.30am and  
10.30am-11.30am

### Sit and be fit

Tuesday 1.30pm-2.30pm

Friday 2.00pm-3.00pm



We currently hold 4 classes per week.  
£5.45 to non-members.  
Free to members.

## Lower Back Pain Management

- Understanding pain
- Comprehensive assessment
- One on one sessions to manage back pain day by day
- REPS registered level 4 instructor
- Ongoing exercise progression



# Splash Leisure and Fitness Centre

## Badminton/Short Tennis/ Tennis

Court is available daytime and evenings. To book a session please call our reception staff on 01263 825675.

Shuttlecocks can be purchased at reception.



## Sauna

Our sauna suite provides you with the ideal way to clear away the cobwebs of everyday life, to leave you feeling totally refreshed and invigorated.

Opening times

Mon – Thur	7.30am – 9.00pm
Fri	7.30am – 8.30pm
Sat	8.00am – 5.30pm
Sun	8.30am – 5.30pm



## Sunbeds

For that all year round tan, sessions and courses available.



## Casual usage of kinetika gym

N.B. A casual session in kinetika gym is for a 1 hour period.



# Splash Swimming Timetables

6th June – 22nd July, 5th September- 21st October, 31st October – 9th December

	7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10	
mon	lengths	water aerobics	60+ swim	Public Swim			swimming lessons			water aerobics	available for hire					
tues	lengths	excl 2000	public swim	public swim	public swim	school	public swim	swimming lessons			public swim	adult swim				
wed	lengths	60+ swim / water aerobics	toddler swim	public swim			swimming lessons			sunset swim	available for hire					
thur	lengths	60+ swim	excl 2000 / public swim	public swim	public swim	public swim	swimming lessons			sunset swim	adult swim					
fri	lengths	water aerobics	toddler swim	public swim			sunset swim			available for hire						
sat	lengths	swimming lessons	waterslide 'n' waves			available for hire										
sun		60+ swim	family swim	waterslide 'n' waves			available for hire									

28th May-5th June, 23rd July-4th September, 22nd October-30th October, 27th-29th December.

	7-8	8-9	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10	
mon	lengths	water aerobics	60+ swim/excel	waterslide 'n' waves			sunset swim			water aerobics	available for hire					
tues	lengths	60+ swim/excel	60+ swim/ water aerobics/ toddlerswim	waterslide 'n' waves			sunset swim			adult swim						
wed	lengths	60+ swim/excel	toddler swim/water aerobics	waterslide 'n' waves			sunset swim			adult swim						
thur	lengths	60+ swim/excel	toddler swim/water aerobics	waterslide 'n' waves			sunset swim			adult swim						
fri	lengths	60+ swim	family swim	waterslide 'n' waves			available for hire									
sat	lengths	60+ swim	family swim	waterslide 'n' waves			available for hire									
sun		60+ swim	family swim	waterslide 'n' waves			available for hire									

Swim Academy – Splash Leisure & Fitness Centre is now following the nationally recognised Swim Academy Programme for swimming lessons. You can now pay by Direct Debit and receive more benefits.

IF YOU REQUIRE THIS TIMETABLE IN LARGE PRINT PLEASE ASK RECEPTION.

- All programmes details/ prices are subject to change
- Family – 2 adults & 2 children or 1 adult & 3 children
  - Disabled – Price includes a carer
  - Toddler Swim – 1 adult & up to 3 under 5s

**Don't Forget...**

- 1) Your Costume
- 2) Your Towel
- 3) £1 for your locker (refundable)
- 4) To visit our Swim Shop in reception

Annual Shutdown 11th – 26th December 2010.\*subject to change.



## Session Details

### Waterslide 'n' Waves

A fun session for the whole family. Speed down the slide and ride the waves in this session.

### Public Swimming

Recreational swimming, lengths, widths or just family fun, the choice is yours.

### 60+ Swimming

Exclusive session for the over 60s.

### Toddler Swim

Ideal session for the under 5s, gain confidence in the water with mum or dad or just play with the toys and ride the waves.

### Family Swim

A waterslide 'n' waves session just for the family – no unaccompanied children permitted in this session.

### Water Aerobics

Low impact aerobic class in the water, suitable for non swimmers.

### Length Swim

Start your day with a refreshing swim. Length swimming only in this session.

### Adult Swim

Our late session is for adults only, a great way to unwind at the end of a busy day.

### Swimming Lessons

We hold swimming lessons for all ages and abilities all year round. For further information, please ask at reception.

### Sunset Swim

End of the day swim including Waterslide and waves.

### NPLQ Training Courses

Courses available for age's 16+. Please contact the centre for more details.

**For current swimming prices please ask at reception or log on to our website**  
[www.splashleisureandfitnesscentre.co.uk](http://www.splashleisureandfitnesscentre.co.uk)

### Excel 2000

Tuesday 9.00am – 10.00am

Thursday 10.00am – 11.00am

(low season only)

A fun fitness session aimed at improving your well being and concentrating on that healthy body and healthy mind.

In High Season times and sessions vary

Water Class Tuesday and Thursday

9.00am – 10.00am

### Waterslide & Wave Machine

The flume is only available to riders over 1 metre in height. No double rides. During a waterslide 'n' waves session the waves are on for 4 minutes every half an hour.

## Junior Programme

### Rookies

If you are aged between 7 and 14, can swim over 50 metres and have a good sense of humour then we have a course for you.

Run by qualified lifeguards in association with the Royal Life Saving Society, Rookies is designed to help you save a life.

Monday 5.45pm – 7.15

### Toddlers

Toddler sessions

Wednesday and Friday

10.00am – 12.00pm (low season)

9.00am – 10.00am (high season)

### Junior kinetika

Session in the gym specifically designed to get 11-15 years olds on the road to fitness.

Monday, Wednesday & Friday

3.30pm-4.30pm

Tuesday & Thursday 3.30pm-5.00pm

Saturday & Sunday 12.00pm-1.00pm &

1.00pm-2.00pm

### Courses available

Boxercise including Junior, KettFit and Ab Attack. See Reception for further details on times and prices.



# Victory Swim & Fitness Centre

## All Welcome

A session available to all for fun and fitness

## Lane Swimming

A structured lane session available to all with the ability to swim lengths. Ideal for those wanting swim for fitness or have a relaxing swim, lanes available for all abilities and speed of swimmer.

## 60+ Swimming

An unstructured session available for those 60 and above, male and female

## Aqua Fit

An aerobics session in the pool that can maintain and improve stamina, strength and suppleness as well as increase cardiovascular fitness. Unlike aerobics on land Aqua Fit is low-impact and the cushioning effect of the water protects joints in the spine, ankle, hip and knees. It is suitable for people of all ages and abilities as participants can work at a variety of levels by increasing effort and using resistive equipment.

## Parent and Baby/Child Session

A session for parents and children with toys and floats (subject to availability). All children must be accompanied by a parent/guardian.

## Pool Party Hire

If you are interested in a Pool Party please contact reception for more information.

## Aqua Fit 50+

An aerobics session in the pool for 50+ that can maintain and improve stamina, strength and suppleness as well as increase cardiovascular fitness. Unlike aerobics on land Aqua Fit is low-

impact and the cushioning effect of the water protects joints in the spine, ankle, hip and knees. It is suitable for people of all ages and abilities as participants can work at a variety of levels by increasing effort and using resistive equipment.

## Parent and Baby/Child Session

A session for parents and children with toys and floats (subject to availability). All children must be accompanied by a parent/guardian.

## Adult Lane Swimming

A structured lane session available for those 16 and above, male and female with the ability to swim lengths. Ideal for those wanting to swim for fitness or to have a relaxing swim, lanes available for all abilities and speed of swimmer.

## Adult Session\*

This late lengths session will help you wind-down and relax from your hectic day.

\* Free to members

\*\* 2 adults and 2 under 16s or 1 adult and 3 children

\*\*\*1 adult and 3 under 5s

\*\*\*50 week course, now available to pay by direct debit on a monthly basis or payable in 3 instalments. Each lesson is 1/2 an hour.

FULL kinetika members receive FREE swimming.

For more information about swimming lessons at Victory Swim & Fitness Centre please ask

**Swimming regularly? Membership can save you pounds. For more information speak to a Customer Advisor. We now also offer a swim only membership. For more information speak to a Customer Advisor**

# Junior Programme

## Junior kinetika

Sessions in the gym specifically designed to get 11 – 15 year olds on the road to fitness.

Monday – Friday 3.30pm – 5.00pm

Saturday 2.00pm – 3.30pm

To register for a Junior kinetika induction please telephone reception.

## Junior Lifesaving Course

The children learn basic life saving skills and techniques trained by an RLSS lifeguard.

Wednesdays 5.30 – 6.00pm

## Rookies Holiday Club

The Rookie Holiday Club is a fun and exciting way to learn life saving techniques and will teach you how to stay safe around water. See reception for more details.

# Swimming Timetable

## - Term Time

Swimming is one of the best workouts – it's a great all body toner and works all major muscle groups

### Monday

7.00am-7.55am	Lane Swimming
8.00am-9.00am	60+ Swimming
9.00am-10.00am	Aquafit 50+
10.05am-11.00am	Parent and Baby/Child Session/ All Welcome/Swim Academy
11.05am 12.00pm	Disabled Swimming
12.00pm-1.25pm	Lane Swimming
1.30pm-2.30pm	School Swimming
2.35pm-4.30pm	All Welcome All Welcome +Swim Academy (16.00-1630)
4.30pm-6.00pm	Swim Academy
6.15pm-8.30pm	Vikings Swim Club (VSC)
8.30pm-9.30pm	Adult Lengths Swimming

### Tuesday

7.00am-7.55am	Lane Swimming
8.00am-9.00am	60+Swimming/Swim Fit***
9.00am-10.00am	Aqua Fit 50+
10.05am-11.00am	All Welcome
11.05am-12.00pm	Parent and Baby/Child Session
12.00pm-1.30pm	Lunchtime Lengths/ Adult Swim Academy 30mins
1.30pm-2.30pm	School Swimming
1.35pm-4.00pm	All Welcome
4.00pm-6.00pm	Swim Academy
6.00pm-8.00pm	Vikings/All Welcome***
8.05pm-9.00pm	Adult Lengths Swimming
9.00pm-10.00pm	Pool available for hire

### Wednesday

7.00am-7.55am	Lane Swimming
8.00am-9.00am	60+ Swimming
9.05am-10.00am	Aquafit
10.00am-11.25am	All Welcome
11.30am-1.30pm	Lane Swimming
1.30pm-2.30pm	Parent & Baby/Child Session
2.35pm-4.00pm	All Welcome
4.00pm-4.30pm	Swim Academy/All Welcome
4.00pm-6.00pm	Swim Academy
6.05pm-8.05pm	VSC
8.05pm-9.05pm	Swimming Academy 1/3 All Welcome
9.05pm-10.00pm	Pool available for hire

### Thursday

6.00am-7.00am	Vikings Half/Lane Swimming ***
7.00am-7.55am	Lengths Swimming
8.00am-9.00am	60+ Swimming + Swimfit Half ***
9.05am-11.00am	Parent and Baby/Child Session/ All Welcome

11.05am-12.00pm	All Welcome
12.00pm-1.25pm	Lane Swimming
1.30pm-3.00pm	School Swimming
3.00pm-4.30pm	All Welcome
4.00pm-6.00pm	Swim Academy/All Welcome ***
6.05pm-7.00pm	All Welcome
7.00pm-8.00pm	Lane Swimming
8.00pm-9.00pm	Aquafit
9.00pm-10.00pm	Pool available for hire

### Friday

7.00am-7.55am	Lane Swimming
8.00am-9.00am	60+ Swimming
9.05am-10.30pm	Parent and Baby/Child Session/ All Welcome
10.35am-11.55am	All Welcome
12.00pm-1.25pm	Lane Swimming
1.30pm-2.30pm	School Swimming
2.35pm-4.00pm	All Welcome
4.00pm-6.00pm	Swim Academy
6.05pm-7.00pm	All Welcome
7.00pm-8.00pm	Swimfit/All Welcome
8.00pm-9.00pm	Adult Lane Swimming
9.00pm-10.00pm	Pool available for hire

### Saturday

7.00am-8.55am	Lane Swimming
9.00am-11.00am	Swim Academy
11.00am-11.30am	Swim Academy/All Welcome***
11.30am-12.30pm	Fun Session
12.35pm-1.55pm	All Welcome
2.00pm-3.00pm	Family Fun Session
3.05pm-5.00pm	All Welcome
5.00pm-6.00pm	Pool available for hire

### Sunday

9.00am-10.00am	Swim Academy
10.00am-11.00am	Fun Session
11.05am-1.55pm	All Welcome
2.00pm-3.00pm	Family Fun Session
3.05pm-4.55pm	All Welcome
5.00pm-6.00pm	Lane Swimming/Vikings***
6.00pm - 7.00pm	Viking Swim Club

\*\*\* Shared Pool

VSC=Vikings Swim Club

### Don't Forget...

- 1) Your Costume
- 2) Your Towel
- 3) £1 for your locker (refundable)
- 4) To visit our Swim Shop in reception

All programme details are subject to change.

# Swimming Timetable

## - Holiday Timetable

### Monday

7.00am-7.55am	Lane Swimming
8.00am-9.00am	60+ Swimming
9.00am-10.00am	AquaFit 50+
10.05am-10.55am	Parent and Baby/Child Session / All Welcome Swim Academy Half (10.05-10.35)*
11.00am-12.00pm	Disabled Swimming
12.05pm-12.55pm	Fun Session
1.00pm-1.55pm	Lane Swimming
2.00pm-3.00pm	Family Fun Session
3.00pm-4.00pm	Fun Session
4.00pm-4.30pm	Swim Academy/All Welcome
4.00pm-6.00pm	Swim Academy
6.15pm-8.30pm	Vikings Swim Club (VSC)
8.30pm-9.30pm	Adult Lane Swimming

### Tuesday

7.00am-7.55am	Lane Swimming
8.00am-8.55am	60+ Swim/Swimfit
9.00am-10.00am	AquaFit 50+
10.05am-11.00am	Fun Session
11.00am-12.30pm	Parent and Baby/Child Session/ All Welcome
12.35pm-1.55pm	Lane Swimming
2.00pm-3.00pm	Family Fun Session
3.00pm-4.00pm	Fun Session
4.00pm-4.30pm	All Welcome/Swim Academy
4.30pm-6.00pm	Swim Academy
6.05pm-8.00pm	Vikings/All Welcome ***
8.05pm-9.00pm	Adult Lane Swimming
9.00pm-10.00pm	Pool available for hire

### Wednesday

7.00am-7.55am	Lane Swimming
8.00am-9.00am	60+ Swimming
9.00am-10.00am	Aqua Fit
10.05am-11.55am	Fun Session
12.05pm-1.25pm	Lane Swimming
1.30pm-2.30pm	Parent & Baby/Child Session 30 Mins Adult Swim Academy (Half pool)
2.30pm-4.00pm	Family Fun Session
4.00pm-4.30pm	All Welcome/Swim Academy
4.30pm-6.00pm	Swim Academy
6.05pm-8.05pm	VSC
8.05pm-9.05pm	Swim Academy 1/3 All Welcome***
9.05pm-10.00pm	Pool available for hire

### Thursday

6.00am-7.00am	Vikings/Lane Swimming ***
7.00am-7.55am	Lengths Swimming
8.00am-8.55am	60+/Swim Fit**
9.00am-10.00am	Parent and Baby/Child Session/ All Welcome/Swim Academy Half ***

10.00am-11.00am	Fun Session
11.05am-12.30pm	All Welcome
12.30pm-1.55pm	Lane Swimming
2.00pm-3.00pm	Family Fun Session
3.00pm-4.00pm	Fun Session
4.00pm-4.30pm	All Welcome
4.00pm-6.00pm	Swim Academy
6.00pm-6.55pm	Fun Session
7.00pm-8.00pm	All Welcome
8.00pm-9.00pm	AquaFit
9.00pm-10.00pm	Pool available for hire

### Friday

7.00am-7.55am	Lane Swimming
8.00am-8.55am	60+ Swim
9.00am-10.00am	Parent and Baby/Child Session/ All Welcome
10.00am-11.30am	Fun Session
11.35am-1.55pm	Lane Swimming
2.00pm-2.55pm	Family Fun Session
3.00pm-4.30pm	All Welcome
4.00pm-6.00pm	Swim Academy
6.05pm-7.00pm	All Welcome
7.00pm-8.00pm	All Welcome/Swimfit
8.00pm-9.00pm	Adult Lane Swimming
9.00pm-10.00pm	Pool available for hire

### Saturday

7.00am-8.55am	Lane Swimming
9.00am-11.00am	Swim Academy
11.00am-11.30am	Swim Academy/All Welcome***
11.00am-2.00pm	All Welcome
2.05pm-3.00pm	Family Fun Session
3.00pm-4.00pm	Fun Session
4.05pm-5.00pm	Lane Swimming
5.00pm-6.00pm	Pool available for hire

### Sunday

9.00am-10.00am	Swim Academy
10.00am-11.00am	Fun Session
11.05am-12.00pm	Lane Swimming/All Welcome ***
12.00pm-1.55pm	All Welcome
2.00pm-2.55pm	Family Fun Session
3.00pm-5.00pm	All Welcome
5.00pm-6.00pm	Lane Swimming/Vikings***
6.00pm-7.00pm	VSC

\*\*\* Shared Pool

VSC=Vikings Swim Club

Holiday dates in line with Local Education Authority

Holiday Activities are available during the school holiday. Please see reception for more details.



# Dive in with us!



Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **ULTEX** 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!

## Sportswear from PureLime

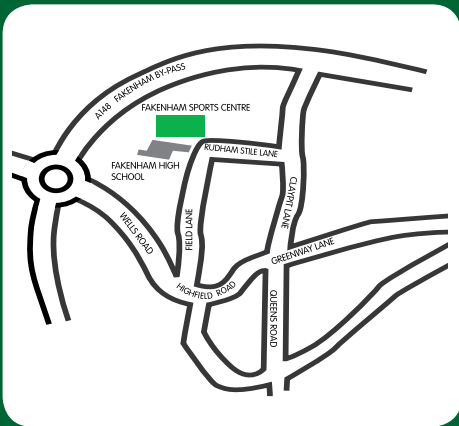


We've got a great range of PureLime Ladies Sportswear. Please visit our shop in reception.

**PURE LIME**

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

# How to find us



## Fakenham Sports & Fitness Centre

Trap Lane, Fakenham, Norfolk, NR21 9HL

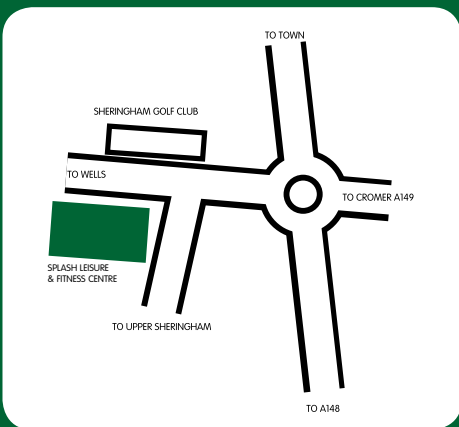
**Tel: 01328 850010**

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

Email: [enquiries@fakenhamsportsandfitnesscentre.co.uk](mailto:enquiries@fakenhamsportsandfitnesscentre.co.uk)

### Opening Times

Monday to Friday	7am – 10pm
Saturday	7am – 6pm
Sunday	8am – 6pm



## Splash Leisure & Fitness Centre

Weybourne Road, Sheringham, Norfolk, NR26 8HF

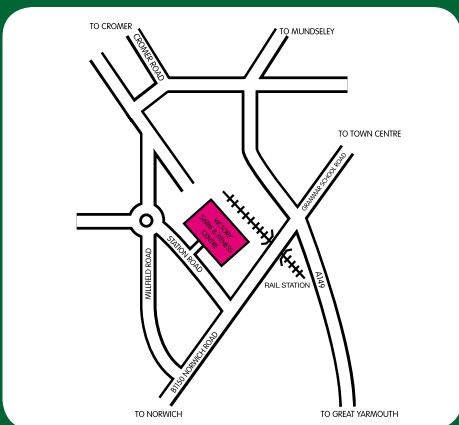
**Tel: 01263 825675**

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

Email: [enquiries@splashleisureandfitnesscentre.co.uk](mailto:enquiries@splashleisureandfitnesscentre.co.uk)

### Opening Times

Monday to Thursday	7am – 9.30pm
Friday	7am – 9pm
Saturday	7am – 6pm
Sunday	8am – 6pm



## Victory Swim & Fitness Centre

Station Road, North Walsham, Norfolk, NR28 0DZ

**Tel: 01692 409370**

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

Email: [enquiries@victoryswimandfitnesscentre.co.uk](mailto:enquiries@victoryswimandfitnesscentre.co.uk)

### Opening Times

Monday to Wednesday	7am – 9.30pm
Thursday	6am – 9.30pm
Friday	7am – 9.30pm
Saturday	7am – 6pm
Sunday	8am – 6pm

### Gym Opening Times

Monday – Friday	7am – 9.30pm
Saturday and Sunday	8am – 6pm

This brochure is available in large print.