

## Family Fun Swims

Fun for all the family with floats in the warm waters of the Merlin Pool and Aqua Flume. Various days and times.  
*New Special Daytime sessions aimed at Parent & Baby*

## Fun Sessions

Great Fun For all the Family. Fun and play with the floats in the Main & Teaching Pools.  
Weekends and holidays.

## Swimming Academy

Swimming Lessons for all in our Swimming Academy. Beginners through to advanced, Private, Diving and Lifesaving. Ask our Course Admin team for more details.

## National Pool Lifeguard Qualification

Want to be a Lifeguard?  
Courses are run throughout all Holidays. For more information see our Holiday brochure or ask at Reception.

## Swimming Parties

Is your child's birthday coming up? Ever thought of having a swimming pool party? Let us do everything for you so you enjoy your child's special day!  
Ask at Reception for more details.



# Bramston Sports Centre

## Swimming Pool Opening Times

### Autumn 2010 - Issue 1

01376 533400



## Main Pool

### Monday

6.30am - 8.30am	Adult Early Risers
1.00pm - 1.30pm	Public Swimming
2.30pm - 4.20pm	Public Swimming
5.40pm - 7.00pm	Public Swimming

### Tuesday

6.30am - 8.30am	Adult Early Risers
3.00pm - 4.20pm	Public Swimming
6.30pm - 7.55pm	Adult Lane Swim

### Wednesday

6.30am - 8.30am	Adult Early Risers
6.15pm - 8.00pm	Public Swimming
8.00pm - 9.15pm	Ladies Only Swim

### Thursday

6.30am - 8.30am	Adult Early Risers
3.00pm - 4.20pm	Public Swimming
6.30pm - 8.00pm	Public Swimming
8.00pm - 9.00pm	Adults Only Swim

### Friday

6.30am - 8.30am	Adult Early Risers
10.05am - 10.55am	Public Swimming
3.00pm - 4.20pm	Public Swimming
5.35pm - 9.00pm	Public Swimming*

### Saturday

12.05pm - 2.00pm	Public Swimming
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swimming

### Sunday

8.35am - 2.00pm	Public Swim
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swim

## Teaching Pool

### Monday

12.00pm - 1.00pm	Public Swimming
1.30pm - 2.30pm	Public Swimming
5.40pm - 7.00pm	Public Swimming

### Tuesday

1.00pm - 3.00pm	Public Swimming
6.05pm - 7.55pm	Public Swimming

### Wednesday

12.30pm - 1.30pm	Public Swimming
6.15pm - 8.00pm	Public Swimming
8.00pm - 9.15pm	Ladies Only Swim

### Thursday

12.30pm - 1.20pm	Public Swimming
6.15pm - 8.00pm	Public Swimming
8.00pm - 9.00pm	Adults Only Swim

### Friday

9.00am - 10.00am	Public Swimming
6.00pm - 9.00pm	Public Swimming

### Saturday

12.05pm - 2.00pm	Public Swimming
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swimming

### Sunday

8.35am - 2.00pm	Public Swim
2.00pm - 3.00pm	Fun Session
3.00pm - 4.45pm	Public Swim

## Crèche

Open Monday - Friday

9.15am - 12noon

Book at Main Reception

## Merlin Pool

### Monday

9.00am - 10.00am	Family Fun Swim
3.05pm - 3.55pm	Over 50's Swim
5.40pm - 7.00pm	Family Fun Swim
8.30pm - 9.30pm	Adults Only Swim
<i>Aqua Flume Open 5.45pm - 7.00pm</i>	

### Tuesday

9.00am - 9.55am	Family Fun Swim
11.05am - 12.15pm	Public Swimming
3.00pm - 4.00pm	Over 50's Swim
6.00pm - 7.00pm	Family Fun Swim
<i>Aqua Flume Open 6.00pm - 6.30pm</i>	

### Wednesday

11.00am - 12noon	Public Swimming
6.30pm - 7.20pm	Family Fun Swim
<i>Aqua Flume Open 6.30pm - 7.20pm</i>	

Times are subject to change. Please check first.

The management reserve the right to refuse admission.

In busy times, 1 hourly sessions may operate.

In all public sessions in the Main Pool, two lanes are roped off for Length Swimming.

During Lengths sessions, all 5 lanes will be roped off.

^^ These sessions may not operate due to private hire.

\* One lane roped off for swim lesson 7.30pm—8.30pm

### Swimming Admissions Policy

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 3 children to 1 adult. Those supervising must accompany the children in the water.

### Thursday

9.00am - 10.00am	Family Fun Swim
10.00am - 11.00am	Public Swimming
1.30pm - 2.45pm	Public Swimming
6.15pm - 7.15pm	Family Fun Swim
<i>Aqua Flume Open 6.15pm - 7.15pm</i>	

### Friday

12.05pm - 1.30pm	Public Swimming
3.15pm - 4.15pm	Over 50s Swim
7.15pm - 9.00pm	Public Diving

### Saturday

12.15pm - 1.15pm	Public Diving
1.30pm - 4.45pm	Family Fun Swim^^
<i>Aqua Flume Open 12.15pm - 1.15pm &amp; 1.30pm - 4.45pm^^</i>	

### Sunday

8.40am - 12.00pm	Family Fun Swim
12.15pm - 1.15pm	Public Diving
1.30pm - 4.45pm	Family Fun Swim^^
<i>Aqua Flume Open 8.45am - 12.00pm &amp; 12.15pm - 1.15pm &amp; 1.30pm - 4.45pm^^</i>	

For All Aqua Aerobics classes please see Group Fitness Programme Leaflet

Swim more than twice a week?

Not currently a member?

Why not take out a swimming membership, Aqua classes are also included.

Call 01376 533422 for more details.

