



Swimming and Workout Timetable

1st September – 31st December 2009

Clifton Hill Sports Centre
01392 253353
Wonford Sports Centre
01392 253453

Pyramids Swimming &
Leisure Centre
01392 253553
Northbrook Swimming Pool
01392 667020

DC LEISURE 
Fitness Industry Association
Operator of the Year 2008 & 2009



Exeter City Council

Managed by DC Leisure on behalf of Exeter City Council

Swimming at Northbrook Pool

Prices

Adult Swim per Session	LC £1.75	NLC £2.45
kinetika Members		FREE
Junior/Senior Citizen	£1.45	£1.85
kinetika Members		FREE

The Swimming and Teaching Centre

Northbrook is the place to learn to swim. Our team of dynamic, professional swimming teachers use all their expertise to help every swimmer get the most from their time in the pool, be they beginner or advanced, junior or adult.

- ASA Education Centre. Recognised centre for the conduct of courses leading to ASA certification.
- Swimming lessons for children of all ages.
- Junior and adult beginners - advanced level.
- One to one swimming lessons for adults or children.
- Competitive swimming, lifesaving and public swimming sessions.
- Aquafit
- Aquamobility - suitable for seniors
- Pool available for private hire, clubs and school use.
- We have conference facilities to seat 25 people for staff training, meetings, courses or even a party.

Swimming Pool Admission Policy

Children under the age of 8 years must be accompanied in the water by a parent or responsible adult over 18 years of age.

A parent or responsible adult over the age of 18 years of age must accompany up to 2 children under the age of 8.

LC = Leisure Card

NLC = Non Leisure Card

FREE Swimming for 60+

Northbrook Pool Term Time Programme

	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Mon		Aqua Aerobics	Schools	Public	Schools	Schools	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Aqua Aerobics	Deep Water Aqua Aerobics	Adult Lessons
Tues		Schools	Schools	Public	Schools	Schools	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Adults Only Public Swim	Adults Only Public Swim	
Wed		Aqua Aerobics	Schools	Public	Schools	Schools	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swimming Club	Aqua Aerobics	Aqua Aerobics	
Thur		Aqua Mobility	Schools	Public	Schools	Schools	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Adults Only Public Swim	Adults Only Public Swim	
Fri		Schools	Schools	Public	50+	Schools	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Swim Academy	Exeter Canoe Club	Exeter Synchro-Club	
Sat		Swim Academy	Swim Academy	Public	Parties	Public	Parties	Parties	Dawlish Women Lifesaving Club	For Hire	For Hire	For Hire	For Hire	
Sun		Swim Academy	Swim Academy	Public	Parties	Public	Parties	Parties	Ladies Only	Teign Dive School	Teign Dive School	Teign Dive School	Teign Dive School	

Swimming at Pyramids

Prices

Adult Swim per session	LC £2.45	NLC £3.15
kinetika Members	FREE	FREE
Junior / Senior Citizen	£1.75	£3.15
50+ Swim special sessions	£2.00	£2.40
kinetika Members	FREE	FREE
X CARD SWIM		
Mon - Fri		
10.00 - 12.00 / 14.00 - 16.00		
In public sessions	£1.75	
Waterbility	£1.70	
3 month ticket in advance swim anytime during public sessions:	£55.30	
FAMILY SWIM		
(2 Adults / 1 Child)	LC £5.80	NLC £7.90
(2 Adults / 2 Children)	£7.50	£10.30
(2 Adults / 3 Children)	£9.20	£12.80
Family kinetika	FREE	FREE
Gym and Swim	£4.50	£5.20
Junior / Senior Citizen	£2.90	£3.30
kinetika Members	FREE	FREE
Aqua Aerobics	£3.30	£4.00
Adult Swimming Lessons	£47.50	£54.50

PRIVATE SWIM

The pool is also available for private hire, functions, galas and birthday parties. For further details contact Reception.

LC = Leisure Card

NLC = Non Leisure Card

FREE Swimming for 60+

Early Morning Swimming Sessions

Mon - Fri 07.15 - 09.00
2 fast lanes, 1 medium lane, 1 slow lane

Adults Only

We hold special sessions for adult swimming in the main pool, with one serious swimmer lane. The rest of the pool is used for length swimming. (Lunchtime adults only sessions are restricted to half the pool during school holidays).

12.15 - 13.45 Mon-Fri
21.00 - 22.00 Mon & Thurs
08.00 - 10.00 Sat

Serious Lane Swimming

We also have a serious lane in the main pool during selected public swimming sessions for those intent on completing several lengths.

Clubs

There are several clubs based at Pyramids, offering competitive swimming, synchronised swimming, water polo and sub-aqua.

Just turn up on club nights to meet the club members or contact Reception for details of the organisers.

Adult Swimming Lessons

Whether you are completely petrified of the water or just want to brush up on your technique, to make swimming easier and more enjoyable, our expert staff will help you achieve your goals.

Please allow time for change overs from one activity to another.

Full details of our Junior Swimming Lessons Programme – THE SWIMMING ACADEMY – are available in our separate Swimming Academy leaflet.

Pyramids Term Time Swimming Programme

Main Pool

	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Mon		Early Morning Swim	Aquanaut Ladies Only	Public*		Adults Only*		50+ & Disabled		Swim Academy	Public*		E.C. Swimming Club (ECSC)	Adult Lane Swim			
Tues		Early Morning Swim		Public*		Adults Only*				Swim Academy	Public*		ECSC	E.C. Water Polo Club			
Wed		Early Morning Swim		Public*		Adults Only*				Swim Academy	Public*		Exeter Synchro Club	BSAC			
Thurs		Early Morning Swim		Public*		Adults Only*				Swim Academy	Public*		ECSC	Adult Lane Swim			
Fri		Early Morning Swim		Public*		Adults Only*			50+ & Disabled	Swim Academy	Public*		Public*	Aquanaut SAC			
Sat			Adults Only					Wet 'n' Wild		Public*		Parties / Galas / Private Hire Bookable - Enquire At Reception					
			One Lane For Swim Academy			Public*											
Sun				Public*				Wet 'n' Wild		Public*		ECSC	Exeter City Water Polo Club				



Pyramids Term Time Swimming Programme

Learner Pool

	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Mon					Parent & Child		Public		50+ & Disabled			Swim Academy					
Tues									Public					ECSC	Adult Les-sons		
Wed			Water-bility						Public			Swim Academy		Aqua Aero-bics			
Thurs				Waterbility					Public			Swim Academy					
Fri									Public			Swim Academy			Public		
Sat		Swim Academy		Family Aqua Fun	Parties / Private Hire Enquire at Reception										Parties / Galas / Private Hire Bookable - Enquire At Reception		
Sun						Public		Family Aqua Fun		Public					Parties / Private Hire Enquire at Reception		

During school holidays these timetables may change. Please contact reception for further details.



Class Descriptions









BODYCOMBAT	An exhilarating workout combining powerhouse moves, developed from a range of self-defence disciplines including, Karate, Tae-Kwon-Do and Tai Chi, great for beginners.
BODYBALANCE	Core strength and flexibility training, combined with breathing and relaxation techniques developed from Yoga, Pilates and Tai Chi.
BODYSTEP	An energetic class that builds simple, repetitive step patterns into powerful, athletic routines. The ultimate workout for your legs, buttocks and thighs.
BODYATTACK	A high intensity aerobic workout for all fun-loving, fitness enthusiasts.
BODYPUMP	A repetition weight training class to help you tone-up, lose weight and ultimately change your body shape in record time!
BODYJAM	A fun, dance-based, cardio workout set to the latest tunes. You will burn calories, improve your fitness levels and learn how to 'knock 'em dead' on the dance floor.
LEGS, BUMS & TUMS	Intensive conditioning for the whole body / legs, buttocks and abdominals.
CIRCUITS	A challenging, intensive, yet simple and effective, total body workout.
PILATES	Deep muscle toning for inch-loss, core stability and relaxation.
YOGA	A combination of stretching, passive and dynamic postures, breathing exercises and relaxation techniques.
FIT 'N' FIFTY	Low impact aerobics and toning for the 50+.
FIGHT FIT	A boxing based class which covers all aspects of activity, both anaerobic and aerobic. It also develops hand eye coordination, balance, timing and technique. This class works all major muscle groups and is suitable for all abilities.
AEROBICS	A fun, low impact and easy class to follow. Great all round fitness!

Classes





	Leisure Card	Non Leisure Card	kinetika member
Classes	£3.15 (am) £3.85 (pm & weekends)	£3.85 (am) £4.55 (pm & weekends)	FREE FREE
Circuits	£2.90 (45 mins)	£3.60 (45 mins)	£2.90
1½ hr Yoga class	£6.25	£6.95	£1.00
Fit'n'Fifty	£2.60	£3.00	FREE
Fight Fit	£3.65	£4.35	£1.50

(Please note the 60 minute Yoga classes are free for kinetika members).

Clifton Hill Sports Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYCOMBAT 09:30-10:25 	LEGS, BUMS & TUMS 10:00-11:00 	FIT 'N' FIFTY 9:30-10:30	LEGS, BUMS & TUMS 10:00-11:00 	BODYPUMP 10:00-10:55 	BODYCOMBAT 9:25-10:25	BODYBALANCE 10:00-11:00
YOGA 10:30-12:00 	BODYATTACK 11:15-12:10 	YOGA 10:30-11:30 Term Time Only	PILATES 11:15-12:10 	BODYBALANCE 11:15-12:10 	PUMP & ATTACK 10:30-11:25 (approx 30 mins of Pump and Attack)	
JUNIOR FIGHT FIT 16:30-17:15 (8-14yrs)		JUNIOR CIRCUITS 16:30-17:15 (8-14yrs)	JUNIOR STREET DANCE 16:30-17:15 (8-14yrs)			
FIGHT FIT 17:30-18:25	FIT 'N' FIFTY 13:00-14:00		FIGHT FIT 17:30-18:25			
CIRCUITS 18:00-18:45	BODYCOMBAT 18:00-18:55	CIRCUITS 18:00-18:45	BODYATTACK 18:00-19:00	CIRCUITS 18:00-18:45		
BODYATTACK 18:30-19:25	BODYBALANCE 19:00-20:00	BODYPUMP 18:00-19:00	LEGS, BUMS & TUMS 18:30-19:30			
LEGS, BUMS & TUMS 18:45-19:30	BODYPUMP 19:00-20:00	LEGS, BUMS & TUMS 19:10-20:10	BODYBALANCE 19:30-20:30			
YOGA 19:30-21:00	PILATES 20:20-21:20	PILATES 20:20-21:20				

Wonford Sports Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 10:00-10:55 		BODYCOMBAT 10:00-10:55 	BODYPUMP 9:30-10:25 	BODYSTEP 9:30-10:25 	BODYPUMP 9:00-9:55	
			BODYJAM 10:30-11:25 		BODYJAM 10:00-10:55	
BODYPUMP 17:30-18:25	LEGS, BUMS & TUMS 17:30-18:25	BODYCOMBAT 17:30-18:25	BODYPUMP 17:30-18:25	BODYPUMP 17:30-18:25		
BODYCOMBAT 18:30-19:25	BODYJAM 18:30-19:25	BODYSTEP 18:30-19:25	BODYCOMBAT 18:30-19:25			
BODYBALANCE 19:30-20:25						

 Signifies a Crèche being available.

Please note that the above timetables can be subject to change

PYRAMIDS SWIMMING & LEISURE CENTRE AND NORTHBROOK SWIMMING POOL

MONDAY	AQUANATAL 9.00-10.00am	AEROBIKING 18.00-18.45	
TUESDAY	AEROBIKING 18.00-18.45		
WEDNESDAY	TEEN GYM ** 16.00-16.45 16.45-17.30	AEROBIKING 18.00-18.45	AQUA AEROBICS 19.00-19.45
THURSDAY	AEROBIKING 18.00-18.45		
FRIDAY	TEEN GYM ** 16.00-16.45 16.45-17.30	AEROBIKING 18.00-18.45	

Aqua Natal £3.65, Aerobiking £4.30, Teen Gym £1.55
 ** All 11-16 year olds must have signed parental / guardian consent to participate in Teen Gym.



CLASS DESCRIPTIONS

- AQUA NATAL** Gentle exercise-to-music in the water for the pre/post natal, with a qualified Instructor.
- AEROBIKING** A motivating, Instructor-led, group class on stationary bikes...for the ride of your life.
- TEEN GYM** A 45 minute supervised session in the gym using the cardio equipment and weights, with exciting individual workout programmes.

NORTHBROOK SWIMMING POOL

MONDAY	AQUA AEROBICS 9.10-9.55am 19.00-19.45	DEEP WATER AQUA AEROBICS 19.45-20.30pm
WEDNESDAY	AQUA AEROBICS 9.10-9.55am 20.00-21.00	
THURSDAY	AQUA MOBILITY 8.30-9.30am	

Deep Water / Aqua Aerobics £3.75
 Aqua Mobility £2.75



CLASS DESCRIPTIONS

- AQUA AEROBICS** A fun, non-impact workout that uses water as resistance, to tone and strengthen the muscles. Suitable for non-swimmers.
- DEEP WATER**
- AQUA AEROBICS** A completely non-impact class. Participants wear flotation belts and spend the whole class in deep water.
- AQUA MOBILITY** A reduced-impact class to develop and maintain motor skills and fitness needed for everyday life.