

# Activity sessions this holiday!

## Ultimate Frisbee

Tuesday 3rd August & Tuesday 17th August  
12.00-13.00

## Tots Bop

Tuesday 27th July, Tuesday 3rd August,  
Tuesday 10th, Tuesday 17th, Tuesday 24th &  
Tuesday 31st August.  
9.30-10.00

## Creepy Crawlies

Wednesday 28th July, Wednesday 4th  
August, Wednesday 11th, Wednesday 18th,  
Wednesday 25th August & Wednesday 1st  
September.  
9.30-10.15, 10.20-11.05 & 11.10-11.55

## Trampoline

10.00-10.45 5-7yrs  
10.45-12.00 8-15yrs  
Monday 26th-Friday 30th July, Monday  
9th-Friday 13th August & Monday 23rd-Friday  
27th August

## Kick-a-bout

Monday 16th – Friday 20th August  
09.00-09.45 Pre-school  
10.00-13.00 5-9yrs

## Adult Netball

Tuesday 27th July & Tuesday 24th August  
20.00-21.00 16+yrs



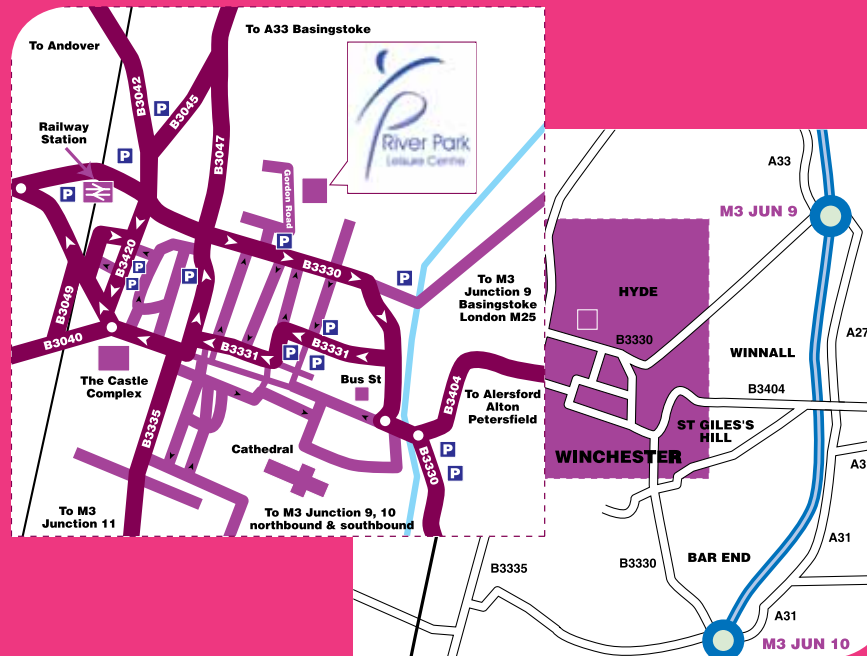
**Don't miss out call NOW to book!**



River Park Leisure Centre, Gordon Road, Winchester, Hampshire, SO23 7DD  
T 01962 848700 F 01962 848701 [www.riverparkleisurecentre.co.uk](http://www.riverparkleisurecentre.co.uk)

## How to find us

Situated off the one way system. From the North: M3 Junction 9.  
From the South: M3 Junction 10.



Enquiries: 01962 848700  
E-mail: [enquiries@riverparkleisurecentre.co.uk](mailto:enquiries@riverparkleisurecentre.co.uk)  
Fax: 01962 848 701  
kinetika gym: 01962 848 704  
Membership enquiries: 01962 848 705  
Birthday party enquiries: 01962 848 706  
Website Address: [www.riverparkleisurecentre.co.uk](http://www.riverparkleisurecentre.co.uk)



River Park Leisure Centre  
Gordon Road, Winchester,  
Hampshire. SO23 7DD

100% recycled paper NAPM approved

## Children's Holiday Activities

26th July – 31st August 2010



River Park Leisure Centre  
Tel: 01962 848700

Email: [enquiries@riverparkleisurecentre.co.uk](mailto:enquiries@riverparkleisurecentre.co.uk)  
Visit us at [www.riverparkleisurecentre.co.uk](http://www.riverparkleisurecentre.co.uk)



Operated by DC Leisure Management on behalf of Winchester City Council

# Summer Holiday Timetable 26th July – 29th August

Day	Main Pool	Activity
<b>Mon</b>	06.30-7.30	PSC
	07.30-10.00	Adult Lanes x6
	10.05-12.00	General Swimming*
	12.05-13.00	Adults Only (Lanes x3)
	13.00-20.00	General Swimming + Lanes x3**
	20.05-21.00	Aqua
<b>Tue</b>	06.00-07.30	PSC
	07.30-10.00	Adult Lanes x6
	10.00-11.00	Pool Cleaning
	11.00-12.00	General Swimming*
	12.05-13.00	Adults only (Lanes x3)
	13.00-20.00	General Swimming + Lanes x3**
<b>Wed</b>	06.30-07.30	PSC
	07.30-10.00	Adult Lanes x6
	10.00-12.00	General Swimming*
	12.05-13.00	Adults Only (Lanes x3)
	13.00-20.00	General Swimming + Lanes x3**
	20.00-21.00	PSC
<b>Thurs</b>	06.00-07.30	PSC
	07.30-10.00	Adult Lanes x6
	10.05-12.00	General Swimming*
	12.05-13.00	Adults Only (Lanes x3)
	13.00-20.00	General Swimming + Lanes x3**
	20.00-22.00	Lanes x6

Learner Pool	Activity
09.00-10.00	Lessons
10.05-20.00	General Swimming
09.00-10.00	Lessons
10.00-11.00	Pool Cleaning
11.00-12.00	General Swimming
12.00-13.00	Health and Fun
13.05-20.00	General Swimming
09.00-10.00	Lessons
10.05-20.00	General Swimming
09.00-10.00	Lessons
10.05-12.00	General Swimming
12.00-13.00	Health and Fun
13.00-20.00	General Swimming
20.05-21.00	Aqua

Day	Main Pool	Activity
<b>Fri</b>	06.30-07.30	PSC
	07.30-10.00	Adult Lanes x6
	10.05-12.00	General Swimming*
	12.05-13.00	Adults Only (Lanes x3)
	13.00-15.00	General Swimming + Lanes x3**
	15.00-16.00	General Swimming (half pool)** + Staff Training
	16.05-19.00	General Swimming
	19.10-20.10	Disabled Club
	20.15-22.15	Lanes x6
	<b>Sat</b>	06.30-08.00
08.00-10.00		PSC
10.05-12.45		General Swimming
13.00-14.00		Private Hire
14.00-15.00		Sea Splash
15.15-18.00		General Swimming + Lanes x3
18.00-22.00		Private Hire
<b>Sun</b>		07.00-09.00
	09.05-12.45	General Swimming
	13.00-14.00	Private Hire
	14.15-18.00	General Swimming
	18.00-20.00	Staff Training
	20.00-22.30	Lanes x6

**Please note:**

PSC = Penguins Swimming Club

\* A snorkelling course will be running through these sessions between Monday 26th – Friday 30th July and will be using 2 lanes in the main pool.

\*\* A NPLQ course will be running through these sessions between Monday 26th – Friday 30th July & Monday 23rd – Friday 29th August and will be using 2 lanes in the main pool.

### Snorkel Diver Course

Monday 26th - Friday 30th July  
10.10-10.55 9-13yrs

### Basic Snorkel Diver Course

Monday 26th - Friday 30th July  
10.55-11.40 7-8yrs

**Participants need:**

- To bring their own equipment: mask, fins and snorkel.
- To be able to swim 50 metres and confident in deep water.



Learner Pool	Activity
09.00-10.00	Lessons
10.00-19.00	General Swimming
19.10-20.10	Disabled Club
09.00-12.45	General Swimming
13.00-14.30	Private Hire
15.15-18.00	General Swimming
18.00-22.00	Private Hire
08.00-12.45	General Swimming
13.00-14.30	Private Hire
14.45-18.00	General Swimming

# Summer Bank Holiday 30th August Timetable

Main Pool	Activity
07.30-10.00	Lanes x 6
10.05-20.00	General Swimming + Lanes x3

Learner Pool	Activity
9.00-20.00	General Swimming



## Junior Swim Courses

### Learn to Swim Courses

Monday 26th-Friday 30th July, Monday 2nd-Friday 6th August, Monday 9th-Friday 13th August, Monday 16th-Friday 20th August & Monday 23rd-Friday 27th August

**Pre Learner** 09.00

Lessons for the nervous beginner

**Learner 1** 09.00 & 09.30

Lessons for the confident beginner

**Learner 2** 09.30

Lessons for swimmers able to swim 5m front crawl and back crawl.

### Swimminis

A class for pre-school children to encourage water confidence.

Monday 26th-Friday 30th July, Monday 2nd-Friday 6th August & Monday 16th-Friday 20th August.

09.00 & 09.30

## National Pool Lifeguard Course (NPLQ)

A week intense course is running on 26th-31st July and 23rd-29th August

**Call us NOW to book**

