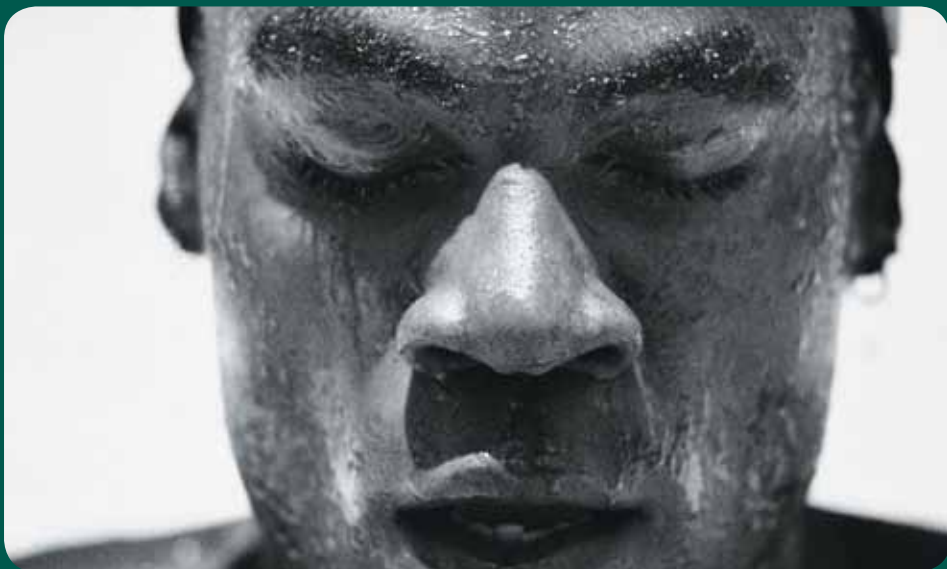


# Swimming Timetable

January 2012 - April 2012



DC Leisure, operator of these leisure facilities, have won the **Amateur Swimming Association's (ASA) Facility Operator of the Year 2010.**

This reflects our commitment to continually developing our swimming programmes.

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

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

**Wiltshire Council**  
 Where everybody matters

DC Leisure Management Ltd working in partnership with Wiltshire Council

# BRADFORD

Swimming Pool

## Main Pool

### Monday

10.00am – 1.30pm	All Welcome
1.30pm – 2.00pm	Aqua Fit Deep Water
3.30pm – 6.00pm	All Welcome
9.00pm – 10.00pm	Adult Lane Swimming

### Tuesday

7.00am – 9.00am	All Welcome
10.30am – 11.30am	50+ Swimming
12.00pm – 1.30pm	All Welcome
2.00pm – 3.00pm	Women Only
3.00pm – 4.00pm	All Welcome
6.50pm – 7.15pm	Aqua Fit Deep Water
7.15pm – 8.30pm	All Welcome
8.30pm – 9.30pm	Adult Swimming (2 lanes)

### Wednesday

7.00am – 9.40am	All Welcome
12.10pm – 1.30pm	All Welcome (1 lane)
2.30pm – 3.30pm	50+ Swimming
3.30pm – 6.30pm	All Welcome

### Thursday

7.00am – 9.00am	All Welcome
12.00pm – 1.30pm	All Welcome
2.30pm – 3.30pm	Women Only
6.15pm – 6.45pm	Aqua Fit Deep Water
6.45pm – 8.00pm	All Welcome
8.00pm – 9.00pm	Adult Swimming (2 lanes)

### Friday

7.00am – 9.00am	All Welcome
9.00am – 10.00am	50+ Swimming
11.30am – 12.00pm	Aqua Fit Deep Water
12.00pm – 1.30pm	All Welcome (1 lane)
2.30pm – 3.30pm	Women Only
3.30pm – 5.00pm	All Welcome
5.00pm – 6.00pm	Adult Lane Swimming

### Saturday

11.30am – 1.00pm	Fun Session
1.00pm – 2.00pm	Adult Swimming
2.00pm – 5.00pm	All Welcome
6.45pm – 7.45pm	Pool Party Hire

### Sunday

8.30am – 12.15pm	All Welcome
12.30pm – 1.30pm	Pool Party Hire
1.45pm – 4.00pm	All Welcome

#### **Mondays 10am - 12pm**

Ladies get a swim, sauna and Aqua Fit session for one great price! Ask us how.

Station Approach, Bradford on Avon  
enquiries@bradfordswimmingpool.co.uk  
01225 862970

## Small Pool

### Monday

10.00am – 11.00am	Family Fun Session Under 5s
11.00am – 11.30am	Aqua Fit
11.30am – 12.00pm	Adult Swimming
12.00pm – 1.30pm	All Welcome

### Tuesday

10.00am – 11.15am	Family Fun Session under 5s
11.20am – 12.00pm	Coached Fitness Swimming
12.00pm – 1.30pm	All Welcome
1.30pm – 2.30pm	Aqua Fit
7.30pm – 8.30pm	Aqua Fit

### Wednesday

11.15am – 12.15pm	Disabled Swimming
12.15pm – 1.30pm	All Welcome
2.30pm – 3.30pm	Family Fun Session under 5s
8.00pm – 9.00pm	Aqua Fit

### Thursday

12.00pm – 1.30pm	All Welcome
7.00pm – 8.00pm	Aqua Fit

### Friday

10.45am – 12.00pm	Family Fun Session under 5s
12.00pm – 1.30pm	All Welcome
3.30pm – 6.00pm	All Welcome

### Saturday

11.30am – 1.00pm	Fun Session
1.00pm – 2.00pm	Pool Party Hire
2.00pm – 5.00pm	All Welcome

### Sunday

8.30am – 12.15pm	All Welcome
12.30pm – 1.30pm	Pool Party Hire
1.45pm – 4.00pm	All Welcome
5.00pm – 6.00pm	Pool Party Hire

### Fun Swims:

Height restrictions apply for the use of the Inflatable.

## Unlimited Swim Memberships

Available from as little as £20.50 per month.\* Ask at reception for further details.

\*terms and conditions apply.

## Ask us about Birthday Parties

# WESTBURY

Swimming Pool

Church Street, Westbury  
enquiries@westburyswimmingpool.co.uk  
01373 822891

## Monday

7.00am – 9.30am	All Welcome
9.30am – 10.30am	Remedial Relaxation Swim
10.30am – 11.30am	Aqua Fit
11.30am – 1.20pm	Adult Swimming
2.30pm – 3.30pm	Women Only
6.00pm – 7.00pm	All Welcome
7.00pm – 8.00pm	Aqua Natal
8.00pm – 9.00pm	Aqua Fit
9.00pm – 10.00pm	Adult Swimming

## Tuesday

8.00am – 10.00am	All Welcome
10.00am – 11.00am	Aqua Fit
11.00am – 12.00pm	Family Fun Session Under 5s
12.00pm – 1.00pm	Adult Lane Swimming
1.00pm – 3.00pm	All Welcome*
3.00pm – 4.00pm	Adult Swimming
4.00pm – 5.30pm	All Welcome

## Wednesday

7.00am – 9.30am	All Welcome
9.30am – 10.30am	Remedial Relaxation Swim
10.30am – 12.15pm	All Welcome
2.40pm – 3.30pm	50+ Swimming
5.30pm – 6.30pm	All Welcome
9.00pm – 10.00pm	Women Only

## Thursday

7.30am – 9.15am	All Welcome
9.15am – 10.15am	Remedial Relaxation Swim
12.00pm – 12.45pm	Adult Swimming
12.45pm – 1.30pm	Aqua Fit
3.15pm – 4.00pm	All Welcome
6.00pm – 7.00pm	All Welcome
7.00pm – 8.00pm	Aqua Fit
9.00pm – 10.00pm	Adult Lane Swimming

## Friday

7.30am – 9.45am	All Welcome
12.15pm – 1.30pm	Adult Swimming
1.30pm – 2.30pm	Family Fun Session Under 5s
2.30pm – 3.30pm	50+ Swimming
6.00pm – 7.00pm	Aqua Disco
8.00pm – 9.00pm	Adult Swimming

## Saturday

1.00pm – 2.00pm	Adult Swimming
2.00pm – 4.00pm	All Welcome
4.00pm – 6.00pm	Pool Party Hire

## Sunday

8.30am – 10.00am	Adult Swimming
10.00am – 11.00am	Parent & Baby/ Child Session
11.00am – 1.00pm	Fun Session
1.00pm – 5.00pm	All Welcome
5.00pm – 6.00pm	Pool Party Hire

## Please note

Please note that there will be a separate timetable to cover the February and Easter Half Term holidays. Please see the Centre for more information.

\*Staff Training takes place during these sessions once a month. Please contact reception for details of dates.



## Course Information

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

Please contact reception for more information.

ADVERTISE HERE!

See page 7 for details

# MELKSHAM

Blue Pool

Market Place, Melksham,  
enquiries@melkshambbluepool.co.uk  
01225 703525 Textphone users add prefix 18001 to access TYPETALK

## Monday

7.00am – 9.00am	All Welcome + Lane/s Swimming
11.30am – 12.30pm	Aqua Fit
12.30pm – 1.30pm	All Welcome
2.30pm – 4.00pm	50+ Swimming
5.30pm – 6.30pm	All Welcome
9.00pm – 10.00pm	Adult Lane Swimming

## Tuesday

7.00am – 9.00am	All Welcome
11.30am – 12.30pm	50+ Swimming
12.30pm – 1.45pm	Adult Swimming
1.45pm – 3.15pm	All Welcome
5.30pm – 7.00pm	All Welcome
7.00pm – 8.00pm	Aqua Fit
8.00pm – 9.00pm	Adult Swimming

## Wednesday

7.00am – 9.00am	All Welcome + Lane/s Swimming
11.30am – 12.30pm	Aqua Fit Deep Water
12.30pm – 1.30pm	Adult Lane Swimming
1.30pm – 2.30pm	Aqua Rehab
1.30pm – 3.00pm	All Welcome
3.00pm – 4.00pm	Women Only
5.30pm – 7.00pm	All Welcome
7.00pm – 8.00pm	Aqua Circuits
8.00pm – 9.00pm	All Welcome
9.00pm – 10.00pm	Adult Swimming

## Thursday

7.00am – 9.00am	All Welcome
12.30pm – 1.30pm	All Welcome
2.00pm – 3.00pm	50+ Swimming
3.00pm – 4.00pm	All Welcome
5.30pm – 7.00pm	All Welcome
7.00pm – 8.00pm	Aqua Fit Deep Water
9.00pm – 10.00pm	Adult Swimming

## Friday

7.00am – 9.00am	All Welcome
11.30pm – 1.00pm	All Welcome
2.00pm – 3.00pm	50+ Swimming
3.00pm – 4.00pm	All Welcome
6.30pm – 7.30pm	All Welcome

## Saturday

12.00pm – 2.00pm	All Welcome
2.00pm – 3.30pm	Fun Session
3.30pm – 5.00pm	All Welcome
5.00pm – 6.00pm	Pool Party Hire

## Sunday

9.00am – 10.00am	Adult Swimming
10.00am – 11.00am	Parent and Baby/Child Session
11.15am – 12.15pm	Parent and Baby/Child Session
12.15pm – 1.15pm	All Welcome
1.30pm – 3.00pm	Fun Session
3.00pm – 5.00pm	All Welcome

## Learn to Swim

We take children as young as 12 months 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

## Monday

7.00am – 8.30am	Lane Swimming
8.45am – 9.45am	All Welcome
1.10pm – 2.00pm	All welcome + Lane/s swimming
6.00pm – 7.00pm	Aqua Fit
7.05pm – 8.00pm	All welcome + Lane/s swimming
8.00pm – 9.00pm	Lane Swimming

## Tuesday

7.00am – 8.30am	Lane Swimming
12.05pm – 1.00pm	All welcome + Lane/s swimming
12.15pm – 1.00pm	Aqua Fit
6.00pm – 7.00pm	Lane Swimming
9.00pm – 10.00pm	Lane Swimming

## Wednesday

7.00am – 8.30am	Lane Swimming
12.05pm – 2.00pm	All welcome + Lane/s swimming
2.00pm – 3.00pm	50+ Swimming
6.00pm – 7.00pm	Aqua Fit
8.35pm – 10.00pm	All welcome + Lane/s swimming

## Thursday

1.10pm – 2.50pm	All welcome + Lane/s swimming
1.15pm – 2.00pm	Aqua Fit
6.00pm – 7.00pm	Lane Swimming
8.30pm – 10.00pm	All welcome + Lane/s swimming

## Friday

7.00am – 8.30am	Lane Swimming
11.05am – 12.05pm	Women Only
1.10pm – 2.00pm	All welcome + Lane/s swimming
1.15pm – 2.00pm	Aqua Fit
6.05pm – 7.00pm	All Welcome

## Saturday

11.00am – 12.00pm	Family Fun Session
12.00pm – 1.00pm	Lane Swimming
1.15pm – 2.40pm	Fun Inflatable Session
3.00pm – 6.00pm	Pool Party Hire

## Sunday

8.30am – 10.00am	All welcome + Lane/s swimming
10.00am – 12.00pm	Family Fun Session
12.00pm – 1.00pm	Pool Party Hire
1.15pm – 3.30pm	Fun Inflatable Session
4.00pm – 5.00pm	Lane Swimming

Ask us about  
diving lessons!



# WARMINSTER

Sports Centre

Woodcock Road, Warminster  
enquiries@warminstersportscentre.co.uk  
Tel No: 01985 212946

This timetable will start from Monday 30th January 2012.

Please contact reception for the holiday timetable.

## Monday

7.00am – 9.30am	Lane Swimming
9.30am – 10.30am	Aqua Fit
12.15pm – 1.15pm	Adult Swimming
3.15pm – 4.00pm	50+ Swimming
4.00pm – 6.30pm	All Welcome (half pool)
9.30pm – 10.30pm	Adult Swimming

## Tuesday

11.45pm – 12.45pm	Adult Swimming
5.00pm – 6.00pm	Women Only
6.00pm – 8.00pm	All Welcome
8.00pm – 10.00pm	Adult Swimming* (half lane)

## Wednesday

7.00am – 9.00am	Lane Swimming
9.00am – 9.45am	Aqua Fit
12.15pm – 1.15pm	Adult Swimming*
6.00pm – 7.00pm	Adult Lane Swimming (half pool)
6.00pm – 7.00pm	All Welcome (half pool)
7.00pm – 8.15pm	All Welcome
8.15pm – 9.00pm	Aqua Fit
9.00pm – 10.00pm	Adult Lane Swimming

## Thursday

7.00am – 9.15am	Lane Swimming
11.45am – 1.15pm	All Welcome
5.30pm – 7.00pm	All Welcome

## Friday

7.00am – 9.15am	Lane Swimming
12.15pm – 1.15pm	Adult Swimming
2.45pm – 3.30pm	50+ Swimming
5.30pm – 6.30pm	All Welcome
8.00pm – 9.00pm	Adult Lane Swimming

## Saturday

11.30am – 1.00pm	Fun session
1.00pm – 2.00pm	Adult Swimming
2.00pm – 4.00pm	All Welcome

## Sunday

8.00am – 10.00am	All Welcome
10.00am – 11.00am	Parent & Baby/Child Session under 5s
11.00am – 12noon	Adult swimming (half lane)
12noon – 2.00pm	Fun Session
2.00pm – 4.30pm	All Welcome

## \* STAFF TRAINING

### TUESDAY

14th Feb & 20th Mar & 17th April 2012  
The Adult Only Swim will run from 9.00pm – 10.00pm ONLY

### WEDNESDAY

22nd Feb & 28th Mar & 25th April 2012  
Adult Lunchtime swim will be cancelled.

Did you know we  
do Birthday Parties?  
Book your child's  
party today



# Swimming sessions explained

## Class Type

## Description

### All Welcome

A session available to all for fun and fitness.

### All Welcome + Lane/s Swimming

A session available to all for fun and fitness with lane/s also available for those wanting to swim lengths.

### Adult Swimming

An unstructured session available for those 16 and above, male and female.

### Family Fun Session

A session for parents and children with an inflatable and floats (subject to availability. All children must be accompanied by an adult).

### Fun Session

A session aimed at children 8 years plus with inflatable and floats (subject to availability).

### 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.

### Aqua Fit Deep Water

Aqua Fit session as above in deep water.

### Aqua Circuits

For those who prefer a more targeted workout, Aqua Circuits is the aquatic equivalent to circuits in the gym. Based on a range of activities and movements, participants use equipment such as weights and specialised floats and move between stations to tone specific muscle groups. Workouts often include an element aimed at improving aerobic fitness.

### Aqua Natal

Aqua Natal is a wonderful form of safe exercise during and after pregnancy. Fun and relaxing, giving you an opportunity to make new friends and frees you from the weight of your pregnancy for an hour or so.

### Diving Boards

For those wishing to practice or improve their diving.

### Parent and Baby/Child Session

A session for parents and children (under 5 years) with toys and floats (subject to availability. All children must be accompanied by a parent).

### Family Fun Session Under 5s

A session for parents and children with an inflatable and floats (subject to availability. All children must be under 5 and be accompanied by a parent).

### Remedial Relaxation Swim

For people who are recovering from injury or illness and want to do gentle exercises to aid their recovery. It is also suitable for people with conditions such as arthritis who want to take the weight off their joints.



## ADVERTISE HERE!

Advertise your company with our Leisure Centres!

Contact Marketing on **01225 762711**

or email **rebeccalewis@dcleisure.co.uk**

# How to find us...

## Bradford Swimming Pool

Station Approach, Bradford on Avon  
www.bradfordswimmingpool.co.uk/  
enquiries@bradfordswimmingpool.co.uk  
01225 862970

## Melksham Blue Pool

Market Place, Melksham  
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  
01225 764342

## Warminster Sports Centre

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

## Westbury Swimming Pool

Church Street, Westbury  
www.westburyswimmingpool.co.uk/  
enquiries@westburyswimmingpool.co.uk  
01373 822891

 **Make The Clarendon College your  
1st Choice for Secondary Education!**

■ To arrange a visit call us on 01225 762686 or go to our website: [www.thecarendoncollege.com](http://www.thecarendoncollege.com)



*Come in and find out why The Clarendon College is such a friendly and dynamic school*

**5 Great reasons to choose The Clarendon College:**

1. *Excellent teachers and support staff dedicated to maximum achievement for your child.*
2. *A safe, happy and respectful school where every child matters.*
3. *High standards of behaviour and a zero tolerance of bullying make Clarendon a safe and supportive place to learn.*
4. *An exciting choice of subjects, a wide range of trips and visits, and outstanding facilities for sport, swimming, music and dance.*
5. *New leadership with a proven track record - dedicated to making Clarendon the outstanding school in our area.*

  
**The Clarendon College**  
*Open to Excellence*

*"The positive behaviour and attitudes of the students continues to be a strong feature of the College."*  
Ofsted Report

*"I couldn't have chosen a better school. Clarendon has exceeded my expectations and I've been able to do stuff that I never thought I'd be able to do."*  
Lizze, Year 12



## ADVERTISE HERE!

Advertise your company with our Leisure Centres!  
Contact Marketing on **01225 762711**  
or email [rebecca.lewis@dcleisure.co.uk](mailto:rebecca.lewis@dcleisure.co.uk)

## Supervision Policy

Children under 8 years of age must be supervised in the water and in the changing rooms by a parent of adult (18+).

A maximum of 2 children under 8 years of age are permitted per parent / adult. This is a recommendation of the Health & Safety Executive.

## A NEW way to view the timetable

You can now download an App for your iPhone and view our timetables wherever you are! It's free to download and you can also take part in various swim challenges.

Have a look at this new timetable by visiting



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. All membership cards must be shown or non-member rates will be charged. Please gain the permission from the General Manager before cameras are used within the Centre.