

FREE SWIMMING
from 1st April 2009*
(Details on page 4)



Swimming Timetable

Brookvale Recreation Centre
Tel: 01928 712051

Kingsway Leisure Centre
Tel: 0151 495 2200

Runcorn Swimming Pool
Tel: 01928 572114

DC LEISURE

HALTON
BOROUGH COUNCIL

Halton Leisure Community Association working in partnership with Halton Borough Council

Pool programme

Our pool timetable is set out to ensure you can easily find the sessions you are looking for. Simply choose your session title, look for the times available and come along and swim.

All Welcome – open to all swimmers of all abilities

	Kingsway Main Pool*	Kingsway Learner Pool	Brookvale**	Runcorn
Monday	0700 – 0930 1015 – 1200 1400 – 1900	1300 – 1800	1730 – 1930	0900 – 1130 1445 – 1600 1730 – 1900
Tuesday	0700 – 1200 1400 – 1900	1300 – 1600 1600 – 1700 HP	1800 – 1930	1000 – 1130 1445 – 1830
Wednesday	0700 – 0930 1015 – 1200 1400 – 1830	0930 – 1200 1400 – 1600	1800 – 1930	0900 – 1130 1445 – 1600 1830 – 1930
Thursday	0700 – 1200 1400 – 1900	1300 – 1600 1600 – 1700 HP	1800 – 1930	0900 – 1130 1600 – 1900
Friday	0700 – 1200 1400 – 1800	1030 – 1300 1400 – 1800	1800 – 1930	1000 – 1130 1445 – 1600
Saturday	1300 – 1800	1200 – 1400	1400 – 1800	1300 – 1600
Sunday	1300 – 1700	1300 – 1400	0900 – 1100 1300 – 1700	1200 – 1600

Key:

HP Half Pool

* Two lanes will be available at all times for Fitness Swimming

** Pool Programme changes in School Holidays (see reception)

Family Session

– Fun Session for families only

Kingsway

Friday	1800 – 2000
Saturday	1000 – 1200
Sunday	0900 – 1200 [1300 Learner Pool]

Brookvale

Sunday	1100 – 1200
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Runcorn

Sunday	1000 – 1200
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Adult Only & Ladies Only Sessions

– for those wishing to swim lengths for fitness. 18 years upwards.

	Kingsway Main Pool *	Brookvale	Runcorn
Monday	1200 – 1400	0700 - 0845 1215 - 1300 2030 - 2200	0700 – 0900 1130 – 1330 1900 – 2000 [LO]
Tuesday	1200 – 1400 1900 – 2200	0700 - 0845 1215 - 1300 2100 - 2200	0700 – 0915 1130 – 1330 1830 – 2100
Wednesday	0930 - 1015 1200 – 1400 2030 – 2200 [LO]	0700 – 0845 1215 – 1300 1930 – 2100	0700 – 0900 1130 – 1330 1930 – 2100
Thursday	1200 – 1400 1900 – 2100	0700 – 0845 1215 - 1300 2030 - 2200	0700 – 0900 1130 – 1330 1700 – 1900 [½ pool]
Friday	1200 – 1400 2000 - 2200	0700 – 0845 1215 – 1300 2100 – 2200	0700 – 0915 1130 – 1330 1915 – 2100
Saturday	1200 - 1300	1300 – 1400	1600 – 1700
Sunday	1200 - 1300	0800 - 0900 1700 – 1800	0900 – 1000 1600 – 1700

Key:

LO Ladies Only

* Minimum of two lanes available [Two lanes also available during All Welcome sessions]



Water Workout Classes

– water based aerobic workout.

	Kingsway Main Pool	Brookvale	Runcorn
Monday	0930 – 1015	1600 – 1700 Aquanatal	2000 – 2045
Tuesday	1915 – 2000		0915 – 1000
Wednesday	0930 – 1015 2030 – 2115		
Thursday		1930 – 2030	
Friday	0930 – 1015 (LP)		0915 – 1000 1830 – 1915

Key:

LP Learner Pool



Parent & Toddler

Drop In Lessons (Kingsway only)

Come along and get your child used to the swimming pool in a fun filled session with music and toys. Instructed by qualified instructor. 1 Adult to 1 Child

½ hour sessions Monday, Tuesday and Thursday's 1030 to 1200.

Pool Hygiene

Kingsway Leisure Centre, Brookvale Recreation Centre & Runcorn Swimming Pool follow the National Pool Water Guidance to keep the pool water clean and safe, but we need your help.

- Please shower before swimming, it removes grease and dirt, for example make up, hair products and chemicals in deodorants.
- Wearing a swim hat will help to protect your hair and reduce water pollution.
- Using the toilets provided keeps the water clean for all customers.
- We strongly recommend that all youngsters who are not toilet trained should wear swim nappies which can be purchased from reception. This will stop those little embarrassments becoming big ones!
- Please do not swim if you have just eaten or drank, or if you have an upset stomach.
- All babies participating should have completed their initial immunisation programme.

Follow the lifeguards instructions, they want you to have a great swim in safety.

Swim Supervision Policy

Children under 8 years old must be supervised by a parent or adult (aged 18 years or over) in the pool and changing areas at all times.

A ratio of no more than 2 children under 8 per adult is allowed in the water.

Swim Clubs

Our Centres are home to Halton Swimming Club and Runcorn Reps Swim Club. For details please contact the relevant club directly.



haltonsc@haltonsc.com



management.runcornreps@hotmail.co.uk

***Free Swimming available for those aged 60 & over and 16 & under from 1st April 2009.**

Ask at reception for details.

