



Swimming and Workout Timetable

1st April – 30th September 2010

Clifton Hill Sports Centre
01392 253353
Wonford Sports Centre
01392 253453

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

Swimming at Northbrook Pool and Pyramids

Prices

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

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+
Please ring for registration details

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
- National Pool Lifeguard Qualification courses
- National Rescue Award for Swimming Teachers and Coaches

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	AquaJeys & Ducklings			Swim Academy		Aqua Aerobics	Deep Water Aqua Aerobics	Adult Lessons	
Tues		Schools		Public	Schools			Swim Academy			Adults Only Public Swim			
Wed		Aqua Aerobics	Schools	Public	Schools			Swim Academy		Swimming Club	Aqua Aerobics			
Thur		Aqua Mobility	Schools	Public	Schools			Swim Academy			Adults Only Public Swim			
Fri		Schools		50+	Schools			Swim Academy			Exeter Canoe Club	Exeter Synchro-Club		
Sat		Swim Academy		Parties	Public			Parties		For Hire				
Sun		Swim Academy		Parties	Public			The Olive Tree	Adults Only Swim		Teign Dive School			

Prices

	LC	NLC
Adult Swim per session kinetika Members	£2.45 FREE	£3.15 FREE
Junior / Senior Citizen 50+ Swim special sessions kinetika Members	£1.75 £2.00 FREE	£3.15 £2.40 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) (2 Adults / 2 Children) (2 Adults / 3 Children) Family kinetika	£5.80 £7.50 £9.20 FREE	£7.90 £10.30 £12.80 FREE
Gym and Swim Junior / Senior Citizen kinetika Members	£4.50 £2.90 FREE	£5.20 £3.30 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+

All prices in this leaflet are subject to change pending a review.

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 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		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	
Saturday	AEROBIKING 10-00 to 10.45		



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



Aqua Aerobics Leisure Card £3.20 Non Leisure Card £3.90

Aqua Mobility Leisure Card £2.20 Non Leisure Card £2.90

CLASS DESCRIPTIONS

- AQUA AEROBICS** Fun exercise classes to music with one of our friendly experienced Aqua Instructors. Dumbbells and woggles used to increase resistance in the water. Both Shallow and Deep water classes available.
- AQUA MOBILITY** Gentle Aqua Aerobics class to music, aimed at those who have mobility problems. Friendly and fun class, taken by one of our experienced Aqua Instructors.

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*	Public*	Public*	Public*	Adults Only*	50+ & Disabled	Public*	Swim Academy	Public*	Swim Academy	E.C. Swimming Club (ECSC)	Adult Lane Swim			
Tues	Early Morning Swim	Public*	Public*	Public*	Public*	Public*	Adults Only*	Public*	Public*	Swim Academy	Public*	Swim Academy	ECSC	E.C. Water Polo Club			
Wed	Early Morning Swim	Public*	Public*	Public*	Public*	Public*	Adults Only*	Public*	Public*	Swim Academy	Public*	Swim Academy	Exeter Synchro Club	BSAC			
Thurs	Early Morning Swim	Public*	Public*	Public*	Public*	Public*	Adults Only*	Public*	Public*	Swim Academy	Public*	Swim Academy	ECSC	Adult Lane Swim			
Fri	Early Morning Swim	Public*	Public*	Public*	Public*	Public*	Adults Only*	Public*	50+ & Disabled	Swim Academy	Public*	Swim Academy	Adult Swim Lessons	E.C. Water Polo Club	Aquanaut SAC		
Sat		Adults Only	Public*	Public*	Public*	Public*	Public*	Wet 'n' Wild	Public*	Public*	Public*	Parties / Galas / Private Hire Bookable - Enquire At Reception					
Sun		Public*	Public*	Public*	Public*	Public*	Public*	Wet 'n' Wild	Public*	Public*	Public*	ECSC	Exeter City Water Polo Club				

Learner Pool

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

During Swim Academy, public sessions may vary slightly. Please enquire at reception.

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.
STREET DANCE	Is a great way to learn to dance, keep fit and enjoy yourself at the same time!
ZUMBA	Ditch the workout, join the party! Latin cardio workout.
ZUMBA, BUMS & TUMS	Conditioning class aimed at Legs, BUMS & TUMS with a Latin Cardio Twist.

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	£3.05 (45 mins)	£3.75 (45 mins)	£3.05
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	ZUMBA, BUMS & TUMS 10:00-11:00 	BODYPUMP 10.00-10.55 	BODYCOMBAT 9:30-10:25	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 	BODYPUMP 10.30-11.25	
FIGHT FIT 17:30-18:25	FIT 'N' FIFTY 13:00-14:00		FIGHT FIT 17:30-18:25		ZUMBA 10.30 - 11.30	
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	STREET DANCE 18.30 – 19.30		
ZUMBA 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 	FIT & FIFTY 9.30 – 10.30	BODYCOMBAT 9.30-10.25 	BODYPUMP 9.30-10.25 	BODYSTEP 9.30-10.25 	BODYPUMP 9.00-9.55	
	BODYBALANCE 10.30-11.25		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

Junior Workout Programme at Clifton Hill

Monday

Junior Fight Fit 4:30-5:15pm 8-15yrs

Tuesday

Teen Gym 4:30-5:15pm 11-15yrs

Wednesday

Junior Circuits 4:30-5:15pm 8-15yrs

Thursday

Junior Street Dance 4:30-5:15pm 8-15yrs

Teen Gym 7:00-8:00pm 11-15yrs

Friday

Teen Gym 6:00-6:45pm 11-15yrs

Sunday

Teen Gym 4:00-5:00pm 11-15yrs



Wonford Sports Centre

Monday

Teen Gym 4:15-5:15 11-15yrs

Wednesday

Junior Fight Fit 4:15-5:15 8-15yrs

Friday

Teen Gym 4:15-5:15 11-15yrs

Saturday

Teen Gym 2:30-4:30 11-15yrs

For more details on classes please contact reception.



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