

**FREE SWIMMING  
INITIATIVE**  
(Details on page 3)



# Your Swimming Guide

## Summer/Winter 2010

Elmbridge Xcel Leisure Complex  
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[www.elmbridgexcelleisurecomplex.co.uk](http://www.elmbridgexcelleisurecomplex.co.uk)



## Why should I swim?

1. Swimming is a great way to get a trimmer body and improve your general health and fitness.
2. Whether you are splashing around with your children, swimming a few lengths a week or joining in a water workout class, your health will still benefit.
3. Because the water supports your weight, the stress on your joints is much less, making it an activity suitable for all ages and abilities.

## Did you know?

1. Swimming is the nation's most popular sporting activity. (MORI 2005)
2. Research suggests you use up to 25 per cent more calories in water than you would if you were swimming through air. (BBC)

## What session is right for me?

If you want to enjoy a **relaxing swim** (▲) you should consider the following sessions: All Welcome, Senior Swim, Adult Swim and the Family/Junior sessions. These will enable you to enjoy being in the pool, to gain confidence in the water and enjoy time with family and friends.

If you are looking for more of a **fitness swim** (●) you should consider the following sessions: All Welcome, Adult Lane Swim and Water Workouts. These will provide you with the opportunity to focus on swimming a certain number of lengths or to enjoy a water based fitness class that will tone and shape.

# Swimming Pool Timetable

## Monday

6.00am – 9.00am	Adult Lane Swim	MP
9.05am – 12.00pm	All Welcome	MP
12.05pm – 1.30pm	All Welcome Lane Swim	MP
1.35pm – 3.00pm	All Welcome	MP
3.00pm – 4.00pm	Senior Swim	MP
3.00pm – 4.00pm	Disabled Swim	MP
4.00pm – 8.30pm	All Welcome	MP ***
8.35pm – 10.00pm	Adult Lane Swim	MP

9.30am – 10.20am	Group Water Workout	TP
10.30am – 12.00pm	Family/Junior Swim	TP
3.00pm – 4.00pm	All Welcome	TP
6.00pm – 7.00pm	Family/Junior Swim	TP
7.00pm – 7.50pm	Group Water Workout	TP
8.00pm – 8.50pm	Group Water Workout	TP

## Tuesday

6.00am – 9.00am	Adult Lane Swim	MP
9.05am – 12.00pm	All Welcome	MP
12.05pm – 1.30pm	All Welcome Lane Swim	MP
1.35pm – 7.30pm	All Welcome	MP ***
8.35pm – 10.00pm	Adult Lane Swim	MP

10.30am – 12.00pm	Family/Junior Swim	TP
3.00pm – 4.00pm	Family/Junior Swim	TP
6.00pm – 7.30pm	Family/Junior Swim	TP
7.35pm – 8.30pm	All welcome	TP

## Wednesday

6.00am – 9.00am	Adult Lane Swim	MP
9.05am – 12.00pm	All Welcome	MP
12.05pm – 1.30pm	All Welcome Lane Swim	MP
3.00pm – 4.00pm	Senior Swim	MP
3.00pm – 4.00pm	Disabled Swim	MP
4.00pm – 5.45pm	All Welcome	MP ***
9.30am – 10.20am	Group Water Workout	TP
10.30am – 12.00pm	Family/Junior Swim	TP
3.00pm – 4.00pm	All Welcome	TP
6.05pm – 8.30pm	All Welcome	TP
8.30pm – 10.00pm	Adult Leisure Swim	TP

## Thursday

6.00am – 9.00am	Adult Lane Swim	MP
9.05am – 12.00pm	All Welcome	MP
12.05pm – 1.30pm	All Welcome Lane Swim	MP
1.35pm – 8.30pm	All Welcome	MP ***
8.35pm – 10.00pm	Adult Lane Swim	MP **

11.00am – 12.00pm	Family/Junior Swim	TP
3.00pm – 4.00pm	Family/Junior Swim	TP
6.00pm – 7.00pm	Family/Junior Swim	TP
7.00pm – 7.50pm	Group Water Workout	TP

## Friday

6.00am – 9.00am	Adult Lane Swim	MP
9.05am – 12.00pm	All Welcome	MP
12.05pm – 1.30pm	All Welcome Lane Swim	MP
1.35pm – 3.00pm	All Welcome	MP
3.00pm – 4.00pm	Senior Swim	MP
3.00pm – 4.00pm	Disabled Swim	MP
4.00pm – 6.45pm	All Welcome	MP ***
9.00pm – 10.00pm	Adult Lane Swim	MP

9.30am – 10.20am	Group Water Workout	TP
10.30am – 12.00pm	Family/Junior Swim	TP
3.00pm – 4.00pm	All Welcome	TP
6.00pm – 6.45pm	Family/Junior Swim	TP
6.50pm – 9.00pm	All Welcome	TP

## Saturday

7.00am – 8.00am	Adult Lane Swim	MP
8.05am – 4.00pm	All Welcome	MP
4.00pm – 5.30pm	Family/Junior Fun Session	MP
5.30pm – 9.00pm	All Welcome	MP *

12.00pm – 5.30pm	Family/Junior Swim	TP
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### Please Note:

- Our sauna, steam room and spa pool are open to those aged 16 years and over.
- Teaching pool sessions will not be laned
- Persons aged 60+ and registered on the Free Swimming Initiative are required to pay for use of the Health Suite area.
- In accordance with our Health and Safety Policy, bathers are required to exit the pools whilst lifeguards conduct lane rope change over.
- Handle paddles may only be worn in the fast lane of the adult lane swim sessions. These paddles must not be larger than the user's hand.

## Sunday

8.05am – 3.30pm	All Welcome	MP
3.30pm – 4.45pm	Family/Junior Fun Session	MP
8.00pm – 9.00pm	Adult Lane Swim	MP *
11.00am – 4.45pm	Family/Junior Swim	TP
4.50pm – 8.00pm	All Welcome	TP **

## Changes to timetable during School Holidays

### Monday – Friday

2.00pm – 3.00pm	All Welcome becomes a Family/Junior Fun Session	MP/TP ***
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### Monday, Wednesday, Friday

3.00pm – 4.00pm	Additional All Welcome Swim	MP
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### Wednesday

1.30pm – 2.00pm	Additional All Welcome Swim	MP
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### Tuesday & Thursday

9.15am – 10.30am	Additional Family/Junior Swim	TP
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### Key:

- TP = Teaching Pool    ▲ = Relaxing swim session  
MP = Main Pool        ● = Fitness swim session  
\* = Check availability in advance as pool may close early for Galas/Parties  
\*\* = Half main pool 8.30pm - 9.30pm  
\*\*\* = Restricted pool space. No lanes available

**\*Free Swimming available for those aged 60 & over and 16 & under.**

**Ask at reception for details or visit [www.elmbridgexcellisurescomplex.co.uk](http://www.elmbridgexcellisurescomplex.co.uk)**

## Descriptions

### All Welcome ▲ ●

Open to all swimmers of all abilities. Ideal for a relaxing swim, fitness, families and those either getting back to fitness or who are new to swimming.

### All Welcome Lane Swim ▲ ●

Open to all swimmers of all abilities to swim lengths of the pool.

### Adult Lane Swim ▲ ●

Open to all swimmers over 16 years of age.

### Group Water Workout ●

Water based aerobic workout for all levels utilising the water as resistance. Pick up a Class Timetable from reception.

### Family/Junior Swim ▲

Ideal for parents/guardians and children to enjoy quality family time and fun in the pool & to practice strokes & techniques learned in our Swimming Academy Programme.

### Family/Junior Fun Sessions ▲

Includes floats and/or an inflatable.

### Senior Swim ▲

Session aimed at swimmers over 60 years of age.

### Disabled Swim

Open to swimmers with a disability. Carers/helpers welcome.

### Party Hire

Hire the entire pool for your child's birthday party. Pick up a leaflet from reception for details on all our party packages. Bookings for Swimming Galas also welcome.

### Swim Supervision Policy

Children under 8 years old must be accompanied by a parent/adult 18 years or over throughout the use of this facility. A ratio of no more than 3 children per adult is allowed in the water.

### Don't forget...

- 1) Your costume
- 2) Your towel
- 3) £1 for your locker (refundable)
- 4) To visit our Swim Shop in reception.

Activities are subject to change and availability

**Timetable available in large format. Contact reception for details.**



- Easy payment options
- No queuing or re-enrolment
- Continuous Assessment
- Guaranteed place within the programme
- Free swimming available during All Welcome & Family/Junior sessions
- Range of days and times available to suit your needs

To enrol onto the Swimming Academy, contact our Swimming Academy Manager on 01932 260311 or contact reception.



## Swim in style!

Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **ULTREx** chlorine proof swimwear.



At Zoggs we have a passion for swimming, we want to share that passion with you!



## kinetika membership

Our kinetika membership aims to help you enjoy life, feel great and help you achieve a healthier lifestyle.

We offer a friendly fitness environment for real people. Membership includes unlimited use of:

- The gym
- Group workout classes
- Sauna, Steam Room & Spa
- 5 free training sessions with an instructor
- 2 swimming pools

For further information on how to join contact a Customer Advisor on 01932 260310 or call reception on 01932 260300.



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