

## Swimming Memberships

Did you know that if you swim just twice a week you could save £££s by taking out a swimming membership.

Contact a customer advisor on 01788 821959 for more details.

## Important information for Swimmers

- A ratio of no more than 2 children under 8 to 1 adult
- Children under 8 must be supervised in an out of the water by a parent or adult 18yrs or over throughout the use of the facilities.
- The use of electrical equipment such as camcorders, mobile phones and cameras is strictly prohibited on poolside.
- The Main Pool is strictly for children accompanied by an adult 18 years or over.
- Please check our website for further details and up to date changes to the pool timetables.



## A good routine to keep the pool clean

- Go to the toilet before swimming
- Have a shower and wash your feet
- Store your clothes in a locker
- Think... have I just eaten, should I swim?

I shouldn't go swimming if I have:

- A cold
- A throat infection
- An ear infection
- An upset stomach
- An infectious skin condition or open wound



# Pool Timetable

12th July – 19th September 2010

William Gregg VC Leisure Centre  
01773 537940



## Dive in with us!

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



**ZOGGS**

www.zoggs.com

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



William Gregg VC Leisure Centre  
Hands Road, Heanor, Derbyshire, DE75 7HA  
**01773 537940**

www.dcleisurecentres.co.uk  
E-mail: enquiries@williamgreggvcleisurecentre.co.uk

June 2010



DC Leisure working in partnership with Amber Valley Borough Council.

## MAIN POOL

### Monday

6.30am-9.00am Early Risers (Adult)\*  
 9.00am-12.00pm All Welcome  
 12.00pm-1.30pm Adults Only\*\*  
 12.30pm-1.30pm Be Active Aqua Jog and Coach & Stroke  
 1.30pm-2.15pm Aqua Fit  
 2.30pm-3.30pm CLOSED FOR LIFEGUARD TRAINING  
 3.45pm-5.00pm All Welcome  
 5.00pm-6.00pm Adults Only\*\*  
 6.00pm-9.00pm Heanor Swimming Club  
 9.00pm-10.00pm Sub Aqua Club

### Tuesday

6.30am-9.00am Early Risers (Adult)\*  
 6.30am-9.00am Aqua Jog  
 9.00am-9.45am Be Active Aqua Fit  
 9.00am-9.45am Solo deep water aqua jog  
 10.00am-11.00am ACE Sea Scooters\*\*\*  
 11.00am-12.00pm 50+ Swim  
 12.00pm-1.30pm Adults Only\*\*  
 1.30pm-6.00pm All Welcome  
 6.00pm-7.00pm Adults Only\*\*  
 7.00pm-8.00pm Swim4Fitness  
 7.30pm-8.00pm Aqua Jog  
 8.00pm-9.00pm Late Night Adults Only\*\*  
 8.15pm-9.00pm Aqua Circuits  
 9.00pm-10.00pm Individual Lane Hire

### Wednesday

6.30am-9.00am Early Risers (Adult)\*  
 9.00am-12.00pm All Welcome  
 12.00pm-1.30pm Adults Only\*\* (to be shared with Aqua Natal fortnightly 12.00pm-1.00pm)  
 1.30pm-6.00pm All Welcome  
 6.00pm-7.00pm Adults Only\*\*  
 6.30pm-7.00pm Aqua Jog  
 7.00pm-7.45pm Aqua Fit  
 7.45pm-8.45pm Ladies Only  
 9.00pm-10.00pm Individual Lane Hire

### Thursday

6.30am-9.00am Early Risers (Adult)\*  
 6.30am-7.00am Aqua Jog  
 9.30am-11.30am ACE Splash Session\*\*\*  
 12.00pm-1.30pm Adults Only\*\*  
 1.00pm-1.30pm Aqua Jog  
 12.00pm-1.00pm Coach & Stroke  
 1.30pm-6.00pm All Welcome  
 6.00pm-7.00pm Adults Only\*\*  
 6.15pm-7.00pm Aqua Circuits  
 7.15pm-8.15pm Belper Marlins  
 8.15pm-9.15pm Ilkeston Swim Club

Programme can be subject to change.

### Friday

6.30am-9.00am Early Risers (Adult)\*  
 9.00am-10.00am ACE Sea Scooters\*\*\*  
 10.00am-11.00am All Welcome  
 11.00am-12.00pm 50+ Swim  
 12.00pm-1.30pm Adults Only\*\*  
 1.30pm-5.00pm All Welcome  
 5.00pm-6.00pm Adults Only\*\*  
 6.00pm-9.30pm Heanor Swim Club

### Saturday

8.00am-9.00am Adults Only\*  
 8.15am-9.00am Aqua Circuits  
 9.00am-2.30pm All Welcome  
 2.30pm-3.30pm ACE Splash Session\*\*\*  
 4.00pm-6.00pm Party Hire

### Sunday

8.00am-9.00am Adults Only\* (2 lanes)  
 8.00am-3.30pm All Welcome  
 4.00pm-6.00pm Party Hire  
 6.00pm-8.00pm Radford Swim Club

\*Fast Lane in operation during this session

\*\*Lane Swimming available in these sessions

\*\*\*ACE activities will be running between 26th July-5th September. These sessions will be 'All Welcome' during term time.

## Try our new Aqua Activities!

**Aqua Jog** – Running in water! Kept afloat with a buoyancy belt. Strengthens and tones legs, improves fitness and core stability.

**Aqua Circuits** – All round workout based on land circuit training. Improves fitness and muscle tone, suitable for all fitness levels.

**Aqua Fit** – All round fun workout incorporating a water based aerobic and combat workout.

**Coach & Stroke** – Fine tune your techniques without having swimming lessons. Advice on your stroke offered by a qualified instructor.

All sessions led by qualified, motivating, energetic instructors.

## TEACHING POOL

### Monday

9.30am-11.30am Family Swimming  
 11.30am-1.30pm Water Playgroup  
 1.30pm-3.30pm CLOSED FOR LIFEGUARD TRAINING  
 3.30pm-6.00pm Swim Academy

### Tuesday

9.30am-10.30am Family Swimming  
 10.30am-12.00pm Parent & Toddler  
 12.00pm-4.00pm Family Swimming  
 4.00pm-7.30pm Swim Academy

### Wednesday

9.30am-12.00pm Family Swimming  
 12.00pm-1.00pm Aqua Natal (fortnightly)  
 1.00pm-4.00pm Family Swimming  
 4.00pm-7.00pm Swim Academy

### Thursday

9.30am-1.30pm Family Swimming  
 1.30pm-7.00pm Swim Academy

### Friday

9.30am-12.00pm Family Swimming  
 12.00pm-1.30pm Parent & Toddler  
 1.30pm-4.00pm Family Swimming  
 4.00pm-6.00pm Swim Academy

### Saturday

8.15am-8.45am Water Playgroup  
 9.00am-12.00pm Swim Academy  
 12.00pm-2.30pm Family Swimming

### Sunday

9.00am-3.30pm Family Swimming

Please note the Main Pool is strictly for children accompanied by an adult 18 years or over.

Programme can be subject to change.



To Find out more about Swim Academy and book your place contact the Swim Co-ordinator on 01773 537940

### Level 4, 5, 6 and 7

Developing 'watermanship', stroke skills and techniques to the ASA standard. Understanding water safety and preparation for exercise.

### Level 1, 2 and 3

4 ½ years onwards

Develop the class scenario, activities include jumping in, floating, push and glide. Swimmers may use buoyancy aids.

### Foundation

Water Playgroup & Aqua Babies 3months to 4 ½ years. Introduction to water activities including games, singing, floating and movement. Working towards Duckling and Puffin awards.