



# Your Swimming Guide

Programme 11/12 - Issue 6

Wolverhampton Swimming and Fitness Centre  
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# Swimming Timetable

	Main Pool		Studio Pool		Leisure Waters	Baby Pool
<b>Monday</b>						
7.00am-9.00am	Adult Lane Swim	9.30am-10.30am	Group Water Workout	4.00pm-9.00pm	All Welcome	9.00am-6.00pm
9.00am-12.00pm	All Welcome (L)	11.30am-1.30pm	Relax & Swim			Parent & Baby Swim
12.00pm-1.30pm	Lane Swim	7.00pm-8.30pm	Women Only (L)			
1.30pm-7.30pm	All Welcome (L)	8.30pm-9.30pm	Group Water Workout			
7.30pm-8.30pm	Heath Town Swimming Club					
8.30pm-10.00pm	Adult Lane Swim					
<b>Tuesday</b>						
7.00am-9.00am	Adult Lane Swim	9.30am-10.30am	Women Only (L)	4.00pm-9.00pm	All Welcome	9.00am-6.00pm
9.00am-12.00pm	All Welcome (L)	10.30am-11.30am	Session for disabled people			Parent & Baby Swim
12.00pm-1.30pm	Lane Swim	6.30pm-8.00pm	Heath Town Swimming Club			
1.30pm-7.00pm	All Welcome (L)					
7.00pm-9.00pm	Heath Town Swimming Club					
9.00pm-10.00pm	Adult Lane Swim					
<b>Wednesday</b>						
7.00am-9.00am	Adult Lane Swim	9.30am-10.30am	Group Water Workout	4.00pm-9.00pm	All Welcome	9.00am-6.00pm
9.00am-12.00pm	All Welcome (L)					Parent & Baby Swim
12.00pm-1.30pm	Lane Swim					
1.30pm-9.00pm	All Welcome (L)					
9.00pm-10.00pm	Adult Lane Swim					
<b>Thursday</b>						
7.00am-9.00am	Adult Lane Swim	9.30am-10.30am	Women Only (L)	4.00pm-9.00pm	All Welcome	9.00am-6.00pm
9.00am-12.00pm	All Welcome (L)	10.30am-12.00pm	Session for disabled people			Parent & Baby Swim
12.00pm-1.30pm	Lane Swim	6.30pm-8.00pm	Heath Town Swimming Club			
1.30pm-7.00pm	All Welcome (L)					
7.00pm-9.00pm	Heath Town Swimming Club					
9.00pm-10.00pm	Adult Lane Swim					
<b>Friday</b>						
7.00am-9.00am	Adult Lane Swim	9.30am-10.30am	Group Water Workout	4.00pm-10.00pm	All Welcome	9.00am-6.00pm
9.00am-12.00pm	All Welcome (L)	10.30am-1.30am	Relax and Swim			Parent & Baby Swim
12.00pm-1.30pm	Lane Swim	6.00pm-7.00pm	Group Water Workout			
1.30pm-9.00pm	All Welcome (L)					
9.00pm-10.00pm	Adult Lane Swim					
<b>Saturday</b>						
7.00am-9.00am	Lane Swim	12.00pm-4.00pm	Lane Swim	9.00am-6.00pm	All Welcome	10.00am-5.00pm
12.00pm-6.00pm	All Welcome (L)	4.00pm-6.00pm	Session for disabled people			Parent & Baby Swim
6.00pm-Onwards	Private Party Hire (p)	6.00pm Onwards	Private Party Hire (P)	6.00pm-Onwards	Private Party Hire (p)	
<b>Sunday</b>						
7.00am-9.00am	Lane Swim	12.00pm-7.00pm	Lane Swim	8.00am-9.00pm	All Welcome	10.00am-5.00pm
9.00am-9.00pm	All Welcome (L)					Parent & Baby Swim

## Please note

1. When the Leisure Waters are open for an All Welcome session the waterslides, wave machine and river will also be operating.
2. Our sauna/steam room are open to those aged 16 years and over.
3. Please note when times are not listed as above, the pool is booked for private hire by schools and clubs as part of our Sport Development policy.

4. Please note that during public swimming times in the main pool our swimming lesson programme may be in operation in some lanes.

### Key

**L** 1-2 lanes available during this session

**P** Private party hire – pick up our Centre Brochure from reception or download from our website for details on our cool pool parties.

## Changes to timetable during school holidays

(Peak prices apply when Leisure Waters are open)

### Leisure Waters

Monday – Thursday open

10.00am – 9.00pm

Friday open 10.00am – 10.00pm

Please refer to our **Sports and Leisure Programme** for prices.

## 16 or under? Wolverhampton resident?

You could swim FREE thanks to funding by Wolverhampton City Council & Wolverhampton Primary Care Trust.

**Contact reception for details.**

Proof of residency required.

“Swimming is one of the best workouts - it's a great all-body toner and works all major muscle groups...”

### What session is right for me?

If you want to enjoy a **relaxing swim** (▲) you should consider the following sessions: All Welcome, Relax & 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 Guidelines

### Lane Swim ▲●

Open to all swimmers.

### Adult Lane Swim ▲●

Open to swimmers aged 16 yrs and over.

### All Welcome ▲●

Open to swimmers of all abilities. 1-2 lanes may be available – refer to the key for further guidance.

### Group Water Workout ●

Water based aerobic workout for all levels utilising the water as resistance. Contact reception for our Class Timetable.

### Women Only ▲●

Open to women aged 16 years and over.

### Session for disabled people

Open to swimmers with a disability. Carers/helpers welcome. Registered Wolverhampton City Carers can even swim free upon production of a carers card.

### Relax & Swim ▲●

A session aimed at senior swimmers looking to enjoy a relaxing swim.

## Swim Supervision Policy

Children under 8 years old must be supervised by a parent/adult 18 years or over in the pool and changing areas. A ratio of no more than 2 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
- 5) To shower before you swim
- 6) £1 for a HAYSTACK family dryer experience

Timetable available in large format. Contact reception for details.

Activities are subject to change and availability, please check with reception prior to your visit.



swimming  
academy™

## Learn to swim

- Direct debit payment
- No re-enrolment
- Minimal queuing
- Continuous Assessment
- Guaranteed place within the programme upon enrolment
- Lessons running 7 days a week at various times for your convenience.

To enrol onto the **Swimming Academy** contact our Swimming Co-ordinator on **01902 384777** or reception.



## Swim in style!

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



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



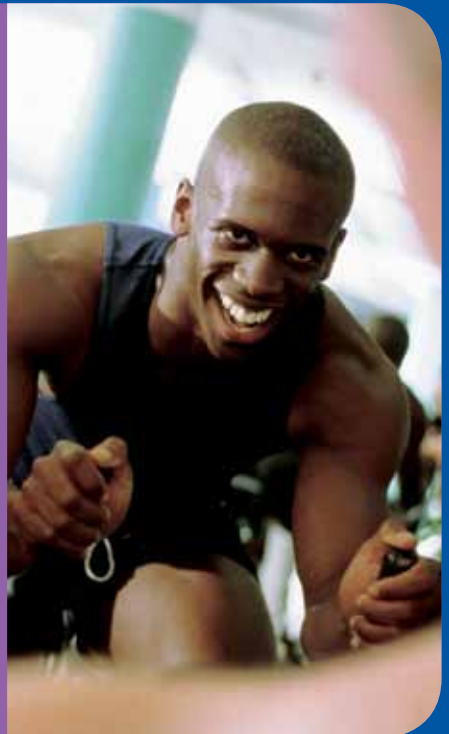
## kinetika membership

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
- Free personal fitness programme
- 2 swimming pools and leisure waters

For further information on how to join contact a Customer Advisor on 01902 384777 or contact reception.



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