



# Your Swimming Guide

## Programme 2011/2012

### **Waendel Leisure Centre**

Thomas Street, Wellingborough

Northamptonshire, NN8 1DZ

01933 221622

Email: [enquiries@thewaendelleisurecentre.co.uk](mailto:enquiries@thewaendelleisurecentre.co.uk)

[www.thewaendelleisurecentre.co.uk](http://www.thewaendelleisurecentre.co.uk)

# Term Time Programme

## MAIN POOL

### Monday

6.30am-9.30am	Lane Swimming**
10.30am-11.30am	SwimFit
12.00pm-1.30pm	Adult Lane Swimming**
3.00pm-4.00pm	Lane Swimming**

### Tuesday

6.30am-9.30am	Lane Swimming*/ W.A.S.C
12.00pm-1.30pm	Adult Lane Swimming**
3.00pm-4.00pm	50+ Swimming
6.10pm-8.00pm	All Welcome
6.10pm-8.00pm	Swim Fit**
8.00pm-9.00pm	Lifesaving Club
9.00pm-10.00pm	Aqua – Fit
9.00pm-10.00pm	Adult Swim

### Wednesday

6.30am-9.30am	Lane Swimming**
12.00pm-1.30pm	Adult Lane Swimming**
3.00pm-4.00pm	Lane swimming**
6.10pm-8.00pm	Adult Lane Swimming**
8.00pm-9.00pm	Aqua Aerobics* (book at reception)
8.00pm-9.00pm	Masters Swimming*
9.00pm-10.00pm	Staff Training

### Thursday

6.30am-9.30am	Lane Swimming*/ W.A.S.C
9.30am-10.30am	SwimFit
12.00pm-1.30pm	Adult Lane Swimming**
3.00pm-4.00pm	Women Only
6.10pm-8.00pm	All Welcome
6.10pm-8.00pm	Swim Fit**

### Friday

6.30am-9.30am	Lane swimming*/ W.A.S.C*
12.00pm-1.30pm	Adult Lane Swimming
3.00pm-4.00pm	50+ Swimming
6.10pm-7.30pm	Family Swim
7.30pm-8.30pm	Water Polo
8.30pm-10.00pm	Adult Swim*

### Saturday

12.00pm-1.15pm	Flipper Club
1.20pm-3.20pm	All Welcome
3.30pm-5.00pm	Lane Swimming**

### Sunday

8.00am-11.15am	All Welcome
11.30am-3.30pm	Splash Fun
3.45pm-5.00pm	Lane Swimming**

\* Half pool only available

\*\*SwimFit Lanes available

Women only & Adult only sessions are 16+ yrs of age.

Activities and sessions are subject to change and availability, please check with reception or visit [www.thewaendelleisurecentre.co.uk](http://www.thewaendelleisurecentre.co.uk) prior to your visit.

Swimming Academy lessons run  
Monday – Friday 4.00pm-6.00pm &  
Saturday 8.00am-12.00pm



## Don't forget...

1. Your costume
2. Your towel
3. £1 for your locker (refundable)
4. To visit our Swim Shop in reception
5. Shower before entering the pool

Please refer to our Sports and Leisure Programme for prices

## TEACHING POOL

### Monday

9.00am-11.00am Parent & Baby/Child Session  
11.00am-4.00pm All Welcome\*

### Tuesday

9.00am-11.00am Parent & Baby/Child Session  
11.00am-4.00pm All Welcome\*  
6.10pm-7.30pm All Welcome

### Wednesday

9.00am-1.00pm All Welcome\*  
1.00pm-3.00pm Parent & Baby/Child Session  
3.00pm-4.00pm All Welcome\*  
6.10pm-7.30pm All Welcome

### Thursday

9.00am-11.00am Parent & Baby/Child Session  
11.00am-3.00pm All Welcome\*  
3.00pm-4.00pm Women Only  
6.10pm-7.30pm All Welcome

### Friday

9.00am-11.00am Parent & Baby/Child Session  
11.00am-4.00pm All Welcome\*  
6.10pm-7.30pm Family Swim

### Saturday

12.00pm-1.15pm Flipper Club  
1.30pm-3.00pm All Welcome  
3.00pm-5.00pm Party Hire

### Sunday

8.00am-5.00pm All Welcome



## Swimming Guidelines

### Lane Swim

Open to all swimmers.

### Adult Lane Swimming

Open to swimmers aged 16 yrs and over.

### SwimFit

Open to all swimmers. A gym style swim workout, visit [www.swimfit.com](http://www.swimfit.com) for programme ideas.

### Splash Fun

A new and exciting session with a state of the art inflatable.

### All Welcome

Open to swimmers of all abilities.

### Women Only

Open to women aged 16 yrs and over.

### Family Swim

All children under the age of 16 will need to be accompanied by a participating adult in this family only session.

### 50+ Swimming

A chance to enjoy a relaxing swim and meet new friends

### Adult Swimming

Enjoy a more relaxed swim in adult company

### Parent & Baby/Child Session

A swim teacher supervised session for families with younger children, floats and toys available in the pool. For children aged 3 months to 5 years.

### Flipper Club

Open to swimmers with physical and or learning difficulties

### Swim Supervision Policy

Children under 8 years old must be accompanied by a parent/adult 18 years or over in pool. A ratio of no more than 2 children under 8 years per adult.

### School Holiday Programme

A separate holiday swimming programme will be issued.

### Busy Sessions

During busy sessions a band system will be put into operation limiting sessions to one hour.

### Use of Small Pool

This pool is for children aged 7yrs and under, supervised by a participating adult.



swimming  
academy™

## Learn to swim

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

To enrol onto the Swimming Academy contact our Swimming Academy Manager on 01933 221622 or contact reception.

\* For Direct Debit payers only



## NEW Splash Parties

For Children aged 1-10yrs

Includes:

- Exclusive use of the pool
- A Party Host
- Fun & Games
- Party Room For Cake & Presents

**Contact reception today  
to book your party**



## Health & Fitness

We offer a friendly fitness environment as well as a number of payment options including 'pay as you go' and monthly Direct Debit.

All monthly payment options include gym, classes and swimming.

**For further information contact a Customer Advisor on 01933 221622 or contact reception.**

