

# Half Term Swimming Timetable

## Ken Marriott Leisure Centre

Monday 15th to Friday 19th February 2010

### MAIN POOL

#### Monday

6.45am to 8.30am	Early Bird
8.30am to 9.25am	Ladies Only
12.00pm to 1.30pm	Family Swimming (LR)
1.30pm to 3.50pm	All Welcome

#### Tuesday

6.45am to 8.30am	Early Bird
8.30am to 9.25am	Adult Lane Swimming
11.05am to 11.50am	AquaFit
12.00pm to 1.30pm	Family Swimming (LR)
1.30pm to 3.50pm	All Welcome
5.35pm to 6.35pm	All Welcome (LR)
6.40pm to 7.25pm	AquaFit
8.30pm to 9.55pm	Adult Lane Swimming

#### Wednesday

6.45am to 8.30am	Early Bird
8.30am to 9.25am	Adult Lane Swimming (RS)
10.30am to 12.00pm	Distance Awards
12.00pm to 1.30pm	Family Swimming (LR) (RS)
1.30pm to 3.50pm	All Welcome
5.35pm to 8.20pm	All Welcome (LR)
8.30pm to 9.55pm	Adult Lane Swimming

#### Thursday

6.45am to 8.30am	Early Bird
8.30am to 9.25am	Adult Lane Swimming
11.05am to 11.50am	AquaFit
12.00pm to 1.30pm	Family Swimming (LR)
1.30pm to 3.50pm	All Welcome
5.35pm to 6.25pm	All Welcome (LR)
8.30pm to 9.55pm	Adult Lane Swimming

#### Friday

6.45am to 8.30am	Early Bird
8.30am to 9.25am	Ladies Only
12.00pm to 1.30pm	Polar Challenge (over 1.2m)
2.00pm to 3.30pm	Polar challenge (over 1.2m)
5.35pm to 8.00pm	All Welcome (LR)
8.15pm to 9.55pm	Lane Swimming

#### Saturday

9.00am to 12.00pm	Deep End Only (RS)
12.00pm to 1.00pm	Family Swimming
1.00pm to 2.45pm	All Welcome
3.15 pm to 5.00pm	Polar Challenge (over 1.2m)

#### Sunday

9.00am to 10.30am	Adult Lane Swimming
10.30am to 12.30pm	Family Swimming (LR & RS)
12.45pm to 6.55pm	All Welcome
7.00pm to 8.45pm	Lane Swimming
8.45pm to 9.55pm	Adult Lane Swimming

### LEISURE POOL

#### Monday to Friday

11.00am to 12.00pm	Parents and Under 8s Only
12.00pm to 3.50pm	Family Swimming
5.45pm to 8.00pm	Family Swimming

#### Saturday

9.00am to 5.30pm	Family Swimming
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#### Sunday

9.00am to 8.00pm	Family Swimming
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Children under 8 must be supervised in and out of the water by an adult 18 years or over throughout the use of the facilities.

Family Swimming - children must be accompanied by an adult.

#### Timetable Key

RS - Restricted space

LR - Lane Ropes



Government free swimming initiative applies only to Early Bird, Family Swimming, All Welcome and Adult Lane sessions for qualifying groups. See reception for details.

# Operation Mayhem

Operation Mayhem is an Ofsted registered playscheme for children aged from 5 to 12 years. Each day children will take part in a range of fun and stimulating activities from the list below. For Operation Mayhem a registration form must be filled out for each child.

## Energy burning fun

Mini tournaments, team games, tree house soft play and bouncy frogger.

## Swim and Splash Sessions

Children over the age of 8 will now be able to swim everyday on Mayhem. The under 8s will enjoy swimming on Mondays and Fridays which will include a Polar Challenge inflatable session.

## Arts, crafts and drama activities

A range of craft activities along with drama games, karaoke and mini talent shows.

## Times and Prices

8.30am to 12.00pm	£7.50
8.30am to 4.00pm	£16.00
8.30am to 5.30pm	£18.00

Discounts for kinetika members.

For Operation Mayhem a registration form must be filled out for each child. This can be downloaded from our website and must be completed and returned prior to your child attending, or can be brought to the first session of Operation Mayhem.



- Over 8s swim everyday!
- Polar Challenge Fridays
- Now until 5.30pm
- Lunch box now available £2.50

## Swim Courses

### Crash Swimming Courses

A 5 day swimming course to give your little one a head start in the water.

15th to 19th February 2010

9.00am beginners 5yrs plus  
(can swim with discs)

9.30am non swimmer 4 yrs plus

5 x 30 minutes lessons £18.75

### Distance Awards

Wednesday 10.30am to 12.00pm

Badge £2.20 plus price of a swim

Please arrive early if you wish to swim the longer distances

### Rookie Lifeguard Course

Learn essential lifesaving skills to help you save yourself and others! Must be able to swim 50m front and back and be happy in deep water.

Mon, Tues, Wed

9.30am to 10.45am

£12.00

### Short Tennis

A great introduction to the game led by an LTA coach.  
Wed, Thurs and Fri

4 years + 2.00pm to 2.45pm

6 years + 2.45pm to 3.30pm

£8.10

Bookings for all courses are essential and can be done at Reception or by telephoning 01788 535851.

### The Ken Marriott Leisure Centre

Bruce Williams Way,

Rugby Warks CV22 5LJ

Telephone 01788 535851

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