

# Deben Pool



01394 384763



kinetika Fitness Programme Sessions are only available to customers over the age of 16 years who have completed a pre-booked induction.

## Adults only

Monday	7.00am - 10.00pm
Tuesday	7.00am - 10.00pm
Wednesday	7.00am - 10.00pm
Thursday	7.00am - 10.00pm
Friday	7.00am - 10.00pm
Saturday	8.00am - 8.00pm
Sunday	8.00am - 8.00pm

## Junior Fitness Training\*

Times and days vary, please contact reception for times and to book places.

\*Supervised, structured sessions for 14 to 15 year olds who have completed a pre-booked induction to provide an introduction to fitness and exercise in a safe environment. Must be pre-booked. Book early as limited spaces available.

## Authorised Induction Course

£8.95 Coastal Card Holder

£11.20 Non Card Holder

All gym users must attend this course.

Pre booking is required. Contact Reception.

\*Juniors – limited supervised sessions only.

## Authorised Fitness Programme

A personalised fitness programme tailored to your requirements is available.

Per person per pre-booked course.

£8.60 Coastal Card Holder,

£10.75 Non Card Holder.

## Authorised User Refresher Course

£5.70 Coastal Card Holder,

£7.10 Non Card Holder.

All users wishing to renew their Authorised User Card must attend this course.

Pre-booking is required.

## Authorised Casual User Prices

	Coastal Card Holder	Non Coastal Card Holder
Adult (16yrs+)		
Single gym session	£5.35	£6.65
* Child (14-15yrs)		
Single gym sessions	£4.55	£5.75
Senior Citizen (60yrs+)		
Single gym session	£4.55	£5.75
Gym & Swim	£6.40	£8.05
Gym & Sauna	£6.45	£6.60

\* Limited Supervised sessions only.



# Workout Classes

## Workout Classes in the Pool

### Gentle Water Workout

Males and females welcome  
Monday 3.00pm – 4.00pm  
(Suitable during pregnancy)

**Coastal Card Holders £3.50**

**Non Coastal Card Holders £4.45**

### Ladies Splash Dance

Thursday 7.00pm – 8.00pm  
(Not suitable during pregnancy)

**Coastal Card Holders £4.65**

**Non Coastal Card Holders £5.85**

### Ladies Splash Dance & Swim

**Coastal Card Holders £6.55**

**Non Coastal Card Holders £8.20**



## Sauna

Why not unwind with a session in our relaxing sauna. Costumes to be worn at all times, adults only.

### Sauna Opening times

Monday	7.00am – 8.30am 12.00pm – 7.00pm
Tuesday	7.00am – 10.00pm
Wednesday	7.00am – 8.30am 12.00pm – 6.00pm 8.00pm – 10.00pm
Thursday	7.00am – 8.30am 12.00pm – 10.00pm (Ladies only 7.00pm – 9.00pm)
Friday	7.00am – 8.30am 12.00pm – 7.00pm
Saturday	8.00am – 6.00pm
Sunday	8.00am – 6.00pm

(This programme changes during holiday times)

Sauna Prices	Coastal Card Holder	Non Coastal Card Holder
1 hour	£4.80	£6.05
1/2 hour	£2.65	£3.30
5 x 1/2 hour sauna tickets	£11.25	£14.05

# Pool Timetable

## Deben Pool Term Time Programme

### Monday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	'Early Birds'
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Gentle Water Workout (excluding Bank Holidays)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

### Tuesday

5.45am – 7.00am	Club Use
7.00am – 8.30am	'Early Birds'
8.30am – 9.30am	Schools Use
9.30am – 11.00am	Parent & Child (6 months-preschool) Shallow End Only
11.00am – 12.00pm	50+ Swimming
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Adult Lessons (pre booked)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Adult Lessons
8.00pm – 10.00pm	Adults Only

### Wednesday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	'Early Birds'
8.30am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	50+ Swimming
4.00pm – 6.00pm	Public Swimming
5.00pm – 6.00pm	Staff Training (½ Pool)
6.00pm – 8.00pm	Club Use
8.00pm – 10.00pm	Public Swimming

### Thursday

5.45am – 7.00am	Club Use
7.00am – 8.30am	'Early Birds'
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	People With Disabilities Swimming
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Ladies' Splash Dance
8.00pm – 9.00pm	Ladies Only
9.00pm – 10.00pm	Adults Only

### Friday

6.00am – 7.00am	21st Century (Pre-Booked)
7.00am – 8.30am	'Early Birds'
8.30am – 12.00pm	Schools Use
12.00pm – 4.00pm	Public Swimming
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

### Saturday

7.00am – 8.30am	21st Century Swimming
8.30am – 11.00am	Children's Swimming Lessons (pre booked)
11.15am – 12.15pm	Family Fun Session
12.30pm – 1.30pm	50+ Swimming
1.30pm – 6.00pm	Public Swimming
6.00pm – 10.00pm	Available for hire

### Sunday

8.00am – 5.00pm	Public Swimming
5.00pm – 6.00pm	People With Disabilities Swimming
6.00pm – 10.00pm	Club Use

This programme changes during school holidays, last ticket sold ½ hr before end of each session.

Children under 8 years old **MUST** be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.

Maximum Ratio of 2 children to 1 adult. Those supervising must accompany the children in the water.

See page 6 for full public swimming guidelines.

Lap lanes will be in for the duration of all public swimming sessions.



# Deben Pool Prices

## SWIMMING

	Coastal Card Holder	Non Coastal Card Holder
Adult	£2.90	£3.60
Child (3-16)	£1.85	£2.30
Family	£7.40	£9.30
Senior Citizen (60+)	£1.85	£2.30
Disability/Concession	£1.85	£2.30
Student (ID must be shown)	£1.85	£2.30
Afternoon Swim (term time only)	£2.70	£3.35
Showers	£1.50	£1.90
25 Adult Swims	£58.25	N/A
25 Junior/Senior Swims	£32.80	N/A
Pool Fun Child	£2.80	£3.50
Pool Fun Adult	£4.65	£5.85
Pool Fun Family	£10.10	£12.65

## OTHER CHARGES

Spectator Charge	£0.00	£1.35
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## Family Fun Sessions

Saturdays 11.15am – 12.15pm

Fun for all the family.

Children under 8 years old **MUST** be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.

Children must be between the ages of 8-14yrs.



# Deben Pool Activities & Sessions

## Swimming Academy



Swim Academy is the Centres new swimming lessons branding which enables lessons to take place at Leiston Leisure Centre, Deben Pool and Felixstowe Leisure Centre for 50 weeks a year. As there are continuous lessons this enables pupils to learn continuously and more effectively without stopping and starting and re learning skills after a break during previous school holidays. Pupils will continue to learn swimming skills as part of the Amateur Swimming Associations National Swimming Plan Levels 1-7 and progress from level to level in a series of 5 x 10 week courses through the year. Swim Academy also offers pupils swim membership at the centres if lessons are paid for as part of a direct debit payment scheme which gives members free public swimming and spreads the payment throughout the year. Lesson application forms are available at centre receptions with more details on payment options for direct debit or per course charges.

## Child Lessons

Regular structured courses of 1/2 hour lessons for 50 weeks of the year for 5 – 15 year olds. Beginners and Improvers.

Courses run Mondays, Tuesday, Thursdays and Fridays between 4.00pm – 5.30pm, and on Saturday 8.30am – 11.00am.

ASA National Teaching Plan Levels 1-7

## Adult Lessons

Courses of lessons for beginners and improvers aged 16 and above for 50 weeks of the year.

Lessons run on a Tuesday 3.00pm-4.00pm and Tuesday evenings 7.00pm – 8.00pm

For all lessons above please complete an application form. Details on charges are available at reception.



## 21st Century Swimming

Training sessions for the serious swimmer with training sets of 2000 and 3000 metre swims.

Monday, Wednesday & Friday 6.00am – 7.00am  
Saturday 7.00am – 8.30am

Pre-booked – contact reception for details

Monday, Wednesday & Friday  
Card Holder £3.40 Non Card Holder £4.25  
Saturday  
Card Holder £3.75 Non Card Holder £4.70

## People with disabilities swimming

Come along and enjoy the pool with equipment and help available. Thursdays & Sundays – refer to our pool timetable for times.

## Parent and Child Sessions

Tuesdays 9.30am – 11.00am (term time only)  
Fun and toys to develop water confidence for pre-school children and accompanying adult (18 yrs).

Card Holder £3.55 Non Card Holder £4.45  
Book at reception, spaces are limited.

## Tea Dances

Enjoy an afternoon dance with a cup of tea and a biscuit. Tuesday 2.00pm – 4.00pm

Card Holder £2.55 Non Card Holder £2.60

## Holiday Activities

For a copy of our holiday activity brochure, just give us a call. Our programme changes during the school holidays and includes many activities; canoe courses, crash courses and extra family fun sessions – contact reception for details and programmes each holiday.

## Birthday Parties

Why not hire the pool on a Saturday evening from 6.00pm and have a pool party – contact reception for more details.

# Clubs at Deben Pool

## Deben Swimming Club

Monday	7.00pm – 10.00pm
Tuesday	5.45am – 7.00am
Wednesday	6.00pm – 8.00pm
Thursday	5.45am – 7.00am
Friday	7.00pm – 10.00pm
Sunday	6.00pm – 7.00pm 8.30pm – 10.00pm

For contact details and more information on Deben Swimming Club please visit [www.debenswimmingclub.co.uk](http://www.debenswimmingclub.co.uk)

## Canoe Club

Contact: 01394 411443

Saturday 6.00pm – 7.00pm

Please call reception to confirm times and dates.

Learn canoe skills in the safe environment of the pool. Club also meets on the River Deben on Thursdays.

## Deben Lifesaving Club

Contact: 01473 713546

Sunday 7.00pm – 8.30pm  
(Term Time only)

### Rookies 9-13 yrs

Bronze medallion 13 yrs upwards. Have fun learn new skills and qualify as a lifesaver.



# How to find your nearest centre



## Felixstowe Leisure Centre

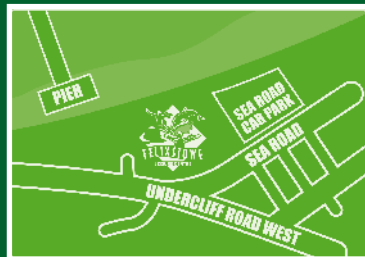
Seafront, Felixstowe  
Suffolk IP11 2AE

Bookings / enquiries: 01394 670411

Fax: 01394 277456

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

Website: [www.felixstoweleisurecentre.co.uk](http://www.felixstoweleisurecentre.co.uk)



## Brackenburg Sports Centre

High Road East, Felixstowe  
Suffolk IP11 9JF

Bookings / enquiries: 01394 270278

Fax: 01394 270278

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

Website: [www.brackenburgsportscentre.co.uk](http://www.brackenburgsportscentre.co.uk)



## Leiston Leisure Centre

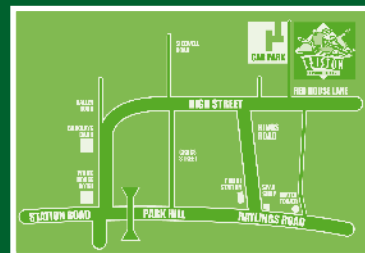
Red House Lane, Leiston  
Suffolk IP16 4LS

Bookings / enquiries: 01728 830364

Fax: 01728 832700

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

Website: [www.leistonleisurecentre.co.uk](http://www.leistonleisurecentre.co.uk)



## Deben Pool

Station Road, Woodbridge  
Suffolk IP12 4AU

Bookings / enquiries: 01394 384763

Fax: 01394 388484

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

Website: [www.debenpool.co.uk](http://www.debenpool.co.uk)



The management reserves the right to amend this programme and details without prior notification. Sessions and activities change during school holidays. Pick up our separate holiday leaflets for details and timetables.