

Victory Swim & Fitness Centre

Swimming Session details

Swimming Lessons***

We hold swimming lessons for all ages and abilities all year round. Lessons are now year long courses with continual improvement. All children who attend swimming lessons, paid by Direct Debit, get swimming for FREE all year round!

Water Aerobics*

Aerobics in the pool using the resistance of the water for an effective workout to music. Suitable for non-swimmers. Now available to kinetika family members 14+.

60+ Swim Session*

Exclusive sessions for the 60+, who can take things a little easier and at their own pace.

Family Fun Session/Fun Session**

Enjoy time in the pool with the family. Sessions include toys and inflatables.

Lunchtime Swim*

Recreational swimming for all members of the public. Ease off those morning stresses, and face the rest of the day feeling fresh and active.

Length Swimming*

Start your day with a refreshing swim. You will have the advantage over your colleagues as you arrive at work feeling fresh, active and ready to meet the demands of the day.

Adult Session*

This late lengths session will help you wind-down and relax from your hectic day.

* Free to members

** 2 adults and 2 under 16s or 1 adult and 3 children

***1 adult and 3 under 5s

***50 week course, now available to pay by direct debit on a monthly basis or payable in 3 instalments. Each lesson is 1/2 an hour.

kinetika members receive FREE swimming.

For more information about swimming lessons at Victory Swim & Fitness Centre please ask at reception.

For current swimming prices please ask at reception or log on to our website www.victoryswimandfitnesscentre.co.uk

Swimming regularly? Membership can save you pounds. For more information speak to a Customer Advisor. We now also offer a swim only membership. For more information speak to a Customer Advisor

Junior Programme

Junior kinetika

Sessions in the gym specifically designed to get 11 - 15 year olds on the road to fitness.

Term Time

Monday - Friday 3.30pm - 5.00pm

Saturday 2.00pm - 3.30pm

School Holiday Time

Monday - Friday 11.30am - 1.00pm

Saturday 2.00pm - 3.30pm

To register for a Junior kinetika induction please telephone reception.

Junior Lifesaving Course

The children learn basic life saving skills and techniques trained by an RLSS lifeguard.

Wednesdays 5.30-6.00pm

Holiday Activities

Please see reception for information about the fun holiday activities that we run during the school holidays.

Swimming Timetable

- Term Time

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

Monday

7.00am-8.00am

8.00am-9.00am

9.00am-10.00am

10.00am-11.00am

11.00am 12.00pm

12.00pm-1.30pm

1.30pm-2.30pm

2.30pm-4.30pm

4.30pm-6.00pm

6.00pm-8.30pm

8.30pm-9.30pm

Lengths Swimming

60+ Swimming

Water Aerobics 55+

Parent & Toddler *

Disabled Swimming

Lunchtime Swimming

School Swimming

Public Swimming **

Swimming Lessons

Aylsham Vikings Swimming Club (AVSC)

Lengths Swimming

Tuesday

7.00am-8.00am

8.00am-9.00am

9.00am-10.00am

10.00am-12.00pm

12.00pm-1.30pm

1.30pm-2.30pm

2.30pm-4.30pm

4.30pm-6.00pm

6.00pm-8.00pm

8.00pm-9.30pm

Lengths Swimming

Public Swimming

Water Aerobics 55+

Public Swimming

Lunchtime Swimming

School Swimming

Public Swimming **

Swimming Lessons

AVSC/Public Swimming ***

Adults Only Swimming

Wednesday

7.00am-8.00am

8.00am-9.00am

9.00am-10.00am

10.00am-12.00pm

12.00pm-1.30pm

1.30pm-2.30pm

2.30pm-4.30pm

4.30pm-6.00pm

6.00pm-8.00pm

8.00pm-9.00pm

Lengths Swimming

60+ Swimming

Water Aerobics

Public Swimming

Lunchtime Swimming

School Swimming

Public Swimming **

Swimming Lessons

AVSC

Swimming Lessons

Thursday

6.00am-7.00am

7.00am-8.00am

8.00am-9.00am

9.00am-11.00am

11.00am-12.00pm

12.00pm-1.30pm

1.30pm-3.00pm

3.00pm-4.30pm

4.30pm-6.00pm

6.00pm-8.00pm

8.00pm-9.00pm

AVSC/Public Swim ***

Lengths Swimming

Public Swimming

Parent & Toddler *

Public Swimming

Lunchtime Swimming

School Swimming

Public Swimming **

Swimming Lessons

Public Swimming

Water Aerobics

Friday

7.00am-8.00am

8.00am-9.00am

9.00am-12.00pm

12.00pm-1.30pm

1.30pm-2.30pm

2.30pm-4.30pm

4.30pm-6.00pm

6.00pm-8.00pm

8.00pm-9.30pm

Lengths Swimming

60+ Swimming

Public Swimming

Lunchtime Swimming

School Swimming

Public Swimming **

Swimming Lessons

Public Swimming

Adults Only Swimming

Saturday

7.00am-8.00am

8.00am-9.00am

9.00am-11.00am

11.00am-11.30am

11.00am-2.00pm

2.00pm-3.00pm

3.00pm-4.00pm

4.00pm-6.00pm

6.00pm-8.00pm

Lengths Swimming

Public Swimming

Swimming Lessons *

Swimming Lessons/

Public Swimming***

Public Swimming

Family Fun Session *

Fun Session *

Public Swimming

Available for hire - Pick up

our party leaflet

Sunday

8.00am-9.00am

9.00am-10.00am

10.00am-11.00am

11.00am-12.00pm

12.00pm-2.00pm

2.00pm-3.00pm

3.00pm-6.00pm

5.00pm-6.00pm

NNDC Swim Fit/Recreational

Swimmers. Coaching Provided

Swimming Lessons

Fun Session*

Lengths Swimming/

Public Swimming

Public Swimming

Family Fun Session *

Public Swimming

Public Swimming/AVSC***

* Moveable Floor raised 10 minutes prior to session, allow 10 minutes after the session for floor to lower

** Moveable Floor raised at 3.50pm allow 10 minutes before/after

*** Shared Pool

Don't Forget...

1) Your Costume

2) Your Towel

3) £1 for your locker (refundable)

4) To visit our Swim Shop in reception

All programme details are subject to change.

Swimming Timetable

- Holiday Timetable

Monday

7.00am-8.00am Lengths Swimming
 8.00am-9.00am 60+ Swimming
 9.00am-10.00am Water Aerobics 55+
 10.00am-11.00am Parent & Toddler *
 11.00am-12.00pm Disabled Swimming
 12.00pm-1.00pm Lunchtime Swimming
 1.00pm-2.00pm Fun Session *
 2.00pm-4.30pm Public Swimming **
 4.30pm-6.00pm Swimming Lessons
 6.00pm-8.30pm Aylsham Vikings Swimming Club (AVSC)

8.30pm-9.30pm Lengths Swimming

Tuesday

7.00am-8.00am Lengths Swimming
 8.00am-9.00am Public Swimming
 9.00am-10.00am Water Aerobics 55+
 10.00am-11.00pm Fun Session *
 11.00pm-12.00pm Public Swimming
 12.00pm-1.00pm Lunchtime Swimming
 1.00pm-2.00pm Fun Session *
 2.00pm-4.30pm Public Swimming **
 4.30pm-6.00pm Swimming Lessons
 6.00pm-8.00pm AVSC/Public Swimming ***
 8.00pm-9.30pm Adults Only Swimming

Wednesday

7.00am-8.00am Lengths Swimming
 8.00am-9.00am 60+ Swimming
 9.00am-10.00am Water Aerobics
 10.00am-11.00pm Fun Session *
 11.00pm-12.00pm Public Swimming
 12.00pm-1.00pm Lunchtime Swimming
 1.00pm-2.00pm Fun Session *
 2.00pm-4.30pm Public Swimming **
 4.30pm-6.00pm Swimming Lessons
 6.00pm-8.00pm AVSC
 8.00pm-9.00pm Swimming Lessons

Thursday

6.00am-7.00am AVSC/Public Swimming ***
 7.00am-8.00am Lengths Swimming
 8.00am-9.00am Public Swimming
 9.00am-10.00am Fun Session *
 10.00am-11.00am Parent & Toddler *
 11.00am-12.00pm Public Swimming
 12.00pm-1.00pm Lunchtime Swimming
 1.00pm-2.00pm Fun Session *
 2.00pm-4.30pm Public Swimming **

4.30pm-6.00pm Swimming Lessons
 6.00pm-8.00pm Public Swimming
 8.00pm-9.00pm Water Aerobics

Friday

7.00am-8.00am Lengths Swimming
 8.00am-9.00am 60+ Swimming
 9.00am-10.00am Fun Session *
 10.00am-12.00pm Public Swimming
 12.00pm-1.00pm Lunchtime Swimming
 1.00pm-2.00pm Fun Session *
 2.00pm-4.30pm Public Swimming **
 4.30pm-6.00pm Swimming Lessons
 6.00pm-8.00pm Public Swimming
 8.00pm-9.30pm Adults Only Swimming

Saturday

7.00am-8.00am Lengths Swimming
 8.00am-9.00am Public Swimming
 9.00am-11.00am Swimming Lessons *
 11.00am-11.30am Swimming Lessons/
 Public Swimming***
 11.00am-2.00pm Public Swimming
 2.00pm-3.00pm Family Fun Session *
 3.00pm-4.00pm Fun Session *
 4.00pm-6.00pm Public Swimming
 6.00pm-8.00pm Available for hire -
 Pick up our party leaflet

Sunday

8.00am-9.00am NNDC Swim Fit/Recreational
 Swimmers. Coaching Provided
 9.00am-10.00am Swimming Lessons
 10.00am-11.00am Fun Session*
 11.00am-12.00pm Lengths Swimming/
 Public Swimming
 12.00pm-2.00pm Public Swimming
 2.00pm-3.00pm Family Fun Session *
 3.00pm-6.00pm Public Swimming
 5.00pm-6.00pm Public Swimming/AVSC***

* Moveable Floor raised 10 minutes prior to session, allow 10 minutes after the session for floor to lower

** Moveable Floor raised at 3.50pm allow 10 minutes before/after

*** Shared Pool

Holiday dates in line with Local Education Authority

Holiday Activities are available during the school holiday. Please see reception for more details.



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.



www.zoggs.com

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

Sportswear from PureLime



We've got a great range of PureLime Ladies Sportswear. Please visit our shop in reception.

PURE LIME

www.purelime.com