

SWIMMING PROGRAMME

26th July 2010 – 5th September 2010

Tel: 01276 417111 Email: enquiries@arenaleisurecentre.co.uk Web: www.arenaleisurecentre.co.uk

**DO YOU SWIM AT THE ARENA
MORE THAN ONCE A WEEK?**
Save £££'s with a swimming membership

Family Swim Membership
Only £29 a month two adults and all your children under 16. Swim as often as you like.

Adult Swim Membership
Only £22 a month. Swim as often as you like.

Beat the budget today with a family swim membership!

For more details please call 01276 417111.

**SUMMER CHILDREN'S ACTIVITIES
MON 26th JULY - WEDS 1st SEPT.**

UNDER 5's DROP IN SESSIONS

Soft play sessions on a Tues, Weds, Fri at 9.30am - 10.30am and 10.30am - 11.30am. Sun 9.30am - 10.15am, 10.15am - 11.00am.

6 – 11 DROP IN SESSIONS

Bouncy castle, soft play & lots more on Tues & Weds 11.45am-12.45pm & 12.45pm-1.45pm.

MINI SPORTS COURSES 3yrs – 18+

- Cheerleading
- Squash
- Mini Tennis
- Trampoline
- Golf



HOLIDAY CAMP

- OFSTED registered
- Enhanced CRB checked staff
- NVQ level 3 qualified co-ordinators
- Monday to Friday from 8.30am to 5.30pm
- For children aged 5 to 11 years
- Excellent value for money from only £23* including all activities, food & drink

"Lovely group of staff! Lots of fun had by all."
Ms Davis

For further information please download the programme from
www.arenaleisurecentre.co.uk,
call 01276 417111 or email
enquiries@arenaleisurecentre.co.uk

DAY	MAIN POOL MORNING	MAIN POOL LUNCH	MAIN POOL AFTERNOON/EVENING	LEARNER POOL
Mon	Members Early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.15 All Welcome 9.15 - 10.00 Water Workout Class 10.00 - 10.45 All Welcome 10.45 - 12.00 Senior Swim 11.15 - 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming Adults Only) All Welcome 12.00 – 2.00	All Welcome 2.00 – 4.00 Arena Swim Club 4.00 – 6.45 All Welcome 6.45 – 8.30 Rushmoor Royals 7.30 – 9.30 Adult Lane Session 9.30 – 11.00	All Welcome 8.00 – 9.15 Arena Swim Club 9.15 – 12.15 All Welcome 12.15 – 1.00 Arena Swim Club 1.00 – 3.00 All Welcome 3.00 – 4.00 Arena Swim Club 4.00 – 6.45 All Welcome 6.45 – 8.00
Tues	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.15 All Welcome 9.15 - 9.45 Aqua Post/Ante Natal 9.45 - 10.30 Hydrofit 9.45 - 10.30 Arena Swim Club 10.30 – 12.00 All Welcome 11.15 – 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming Adults Only)	Mat Play Session 2.00 – 4.00 All Welcome 4.00 – 7.45 Private Lessons 4.00 – 7.00 Water Workout Classes 7.45 – 8.30 Arena Swim Club 8.30 – 10.00 Adults only 9.30 – 10.00 (2 lanes only) Adults only 10.00 – 11.00	All Welcome 8.00 – 9.15 Arena Swim Club 9.15 – 12.15 All Welcome 12.15 – 8.00
Weds	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.30 All Welcome 9.30 – 10.45 (half pool) Water Workout Class 10.45 - 11.30 Hydrofit 10.45 - 11.30 All Welcome 11.30 – 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming Adults Only) All Welcome 12.00 – 2.00	Senior Swim 2.00 – 2.45 Mat Play Session 2.45 – 4.00 Fun Session 4.00 – 5.00 All Welcome 5.00 – 7.00 Hart Swim Club 7.00 – 8.30 Adults only 8.30 – 11.00	All Welcome 8.00 – 9.30 Bobbing Babies 11.15 – 12.15 Arena Swim Club 12.30 – 2.00 All Welcome 2.00 – 4.00 Arena Swim Club 4.00 – 5.20 All Welcome 5.20 – 8.00
Thur	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.15 Arena Swim Club 9.30 – 10.30 All Welcome 9.15 – 11.00 Senior Swim 11.00 - 12.00 50+ Water W/kout Class 11.30 – 12.00	Lane Session 12.00 – 2.00 (Rotational Swimming Adults Only)	All Welcome 2.00 – 4.00 Arena Swim Club 4.00 – 6.45 Adults Only 6.45 – 7.45 Water Workout Class 7.00 – 8.30 Arena Swim Club 8.30 – 10.00 Adults Only 10.00 – 11.00	All Welcome 8.00 – 10.45 Arena Swim Club 10.45 – 2.30 All Welcome 2.30 – 4.00 Arena Swim Club 4.00 – 6.45 All Welcome 6.45 – 8.00
Fri	Members early morning swim 6.00 - 8.30 Adult Leisure Swim 8.30 - 9.30 All Welcome 9.30 – 12.00 (half pool)	Lane Session 12.00 – 2.00 (Rotational Swimming Adults Only)	Mat Play Session 2.00 – 4.00 All Welcome 4.00 – 9.30 Water Workout Class 6.45 – 7.30 Sandhurst & Yateley 8.30 – 9.30 Adult Lane Session 9.30 – 10.30	All Welcome 8.00 – 9.30 All Welcome 11.15 – 12.30 Arena Swim Club 12.30 – 3.30 All Welcome 3.30 – 8.00
Sat	Family members swim 6.30 - 8.00 Arena Swim Club 8.00 – 10.45 All Welcome 10.45 – 12.30 Private Lessons 10.45 – 12.30	Disabled Swim 12.30 – 2.15	All Welcome 2.15 -2.30 Fun Session 2.30 – 4.30 Family Lane Session 4.30 – 6.15 (General Swim 6.15 – 7.30 – check at reception for availability) Available for Hire 7.30 – 11.00	Arena Swim Club 8.00 – 10.45 All Welcome 10.45 – 12.30 Disabled Swim 12.30 – 2.15 All Welcome 3.15 – 6.15 (General Swim 6.15 – 7.30 – check at reception for availability) Available for Hire 7.30 – 10.30
Sun	Family Members Swim 6.30 - 8.00 Arena Swim Club 8.00 – 10.45 All Welcome 10.45 – 12.30 Private Lessons 10.45 – 12.30	Lane Session 12.30 – 1.30 (Rotational Swimming includes a General Swim Lane)	All Welcome 1.30 – 2.30 Fun Session 2.30 – 4.30 All Welcome 4.30 – 8.30 Staff Training 7.00 – 8.00# Adults Only 8.30 – 10.30	Arena Swim Club 8.40 – 10.45 All Welcome 10.45 – 7.30