

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

£8.75 Coastal Card Holder

£10.95 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.

£8.40 Coastal Card Holder,

£10.50 Non Card Holder.

Authorised User Refresher Course

£5.55 Coastal Card Holder,

£6.95 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	£5.20	£6.50
* Child (14-15yrs)		
Single gym sessions	£4.45	£5.60
Senior Citizen (60yrs+)		
Single gym session	£4.45	£5.60
Gym & Swim	£6.25	£7.85
Gym & Sauna	£6.30	£7.90

* 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 £3.45

Non Coastal Card Holders £4.35

Ladies Splash Dance

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

Coastal Card Holders £4.55

Non Coastal Card Holders £5.70



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	£4.70	£5.90
1/2 hour	£2.55	£3.20
5 x 1/2 hour sauna tickets	£11.00	£13.75

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 (Lap Lane 12-2pm)
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 (Lap Lane)
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 - 3.30pm	Public Swimming (Lap Lane 12-3pm)
3.30pm - 4.00pm	Adult Lessons (pre booked)
4.00pm - 5.30pm	Children's Lessons (pre booked)
5.30pm - 7.00pm	Public Swimming (Lap Lane)
7.00pm - 8.00pm	Adult Lessons
8.00pm - 10.00pm	Adults Only (Lap Lane)

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 (Lap Lane 12-2pm)
3.00pm - 4.00pm	50+ Swimming (Lap Lane)
4.00pm - 6.00pm	Public Swimming
5.00pm - 6.00pm	Staff Training (1/2 Pool)
6.00pm - 8.00pm	Club Use
8.00pm - 10.00pm	Public Swimming (Lap Lane)

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 (Lap Lane 12-2pm)
3.00pm - 4.00pm	People With Disabilities Swimming (Lap Lane)
4.00pm - 5.30pm	Children's Lessons (pre booked)
5.30pm - 7.00pm	Public Swimming (Lap Lane)
7.00pm - 8.00pm	Ladies' Splash Dance
8.00pm - 9.00pm	Ladies Only (Lap Lane)
9.00pm - 10.00pm	Adults Only (Lap Lane)

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 (Lap Lane 12-4pm)
4.00pm - 5.30pm	Children's Lessons (pre booked)
5.30pm - 7.00pm	Public Swimming (Lap Lane)
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 (lap lane)
1.30pm - 6.00pm	Public Swimming (lap lane 1.30-2.30 & 5-6)
6.00pm - 10.00pm	Available for hire

Sunday

8.00am - 5.00pm	Public Swimming (Lap Lane 8-12 & 4-5pm)
5.00pm - 6.00pm	People With Disabilities Swimming (Lap Lane)
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.

Contact reception for a detailed laplane timetable. See page 6 for full public swimming guidelines.



Deben Pool Prices

SWIMMING

	Coastal Card Holder	Non Coastal Card Holder
Adult Swim	£2.80	£3.50
Child Swim (3-16)	£1.80	£2.25
Family Swim	£7.25	£9.10
Parent and Child Swim	£3.45	£4.35
People with Disabilities, unemployed and student swim	£1.80	£2.25
Disabled Junior	£1.30	£1.65
Concessionary Dependants	£1.15	£1.45
Senior Citizens Swim (60+)	£1.80	£2.25
Daytime Swim	£2.60	£3.25
Adult Swimming Lesson (evening)	£5.00	£6.25
Child Swimming Lesson	£4.60	£5.75
Showers	£1.45	£1.85
Private Swimming Lesson	£12.60	£15.75
Gentle Water Work Out	£3.45	£4.35
Sauna 1 hour	£4.70	£5.90
Sauna 1/2 hour	£2.55	£3.20
Sauna and Swim	£6.30	£7.90
Splash Dance	£4.55	£5.70
Splash Dance & Swim	£6.40	£8.00
Book of sauna tickets (1/2 hr sessions)	£11.00	£13.75
Unwaged/Concession swim	£1.80	£2.25
Book of 25 swims adult	£57.10	N/A
Book of 25 swims Junior/OAP	£32.15	N/A
21st century weekdays	£3.30	£4.15
21st century weekends	£3.65	£4.60
Pool Fun (Child)	£2.70	£3.40
Pool Fun (Adult)	£4.55	£5.70
Pool Fun Family	£9.90	£12.40

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Casual session	£5.20	£6.50
Induction session	£8.75	£10.95
Junior session	£4.45	£5.60
Refresher	£5.55	£6.95
Gym and swim	£6.25	£7.85
Programme	£8.40	£10.50
Health Suite	£4.20	£5.50
Health Suite & Swim	£6.30	£7.90

OTHER CHARGES

Spectator Charge	£0.00	£1.30
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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.



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 3.30pm-4.00pm and Tuesday evenings 7.00pm - 8.00pm

For all lessons above please complete an application form. Details on changes 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 £3.30 Non Card Holder £4.15

Saturday
Card Holder £3.65 Non Card Holder £4.60

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 £3.45 Non Card Holder £4.35
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 £2.50 Non Card Holder £3.15

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; day camps, 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

Contact:

Ian Cotton (Head Coach) - 01473 635105

Membership Secretary,

Dawn Foskett - 01394 461399

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

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



Kingston Tennis Courts

All weather floodlit courts, available for hire.

Monday - Friday	before 6.00pm	Off peak
	after 6.00pm	Peak
Saturday & Sunday	before 6.00pm	Peak
	after 6.00pm	Off peak

Floodlights	Available at any time - please ask.
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Please contact reception for availability, bookings, payments and usage guidelines.

	Coastal Card Holder	Non Coastal Card Holder
Peak	£5.85	£7.35
Off peak	£4.40	£5.50
Floodlights	£10.95	£13.70
Racket Hire	FREE	£5.00
	(+£5 refundable deposit)	