



Your Swimming Guide

Programme 2009/2010

Waendel Leisure Centre
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DC LEISURE
Fitness Industry Association
Operator of the Year 2008/9



Borough Council of
Wellingborough

Operated by DC Leisure Management Ltd working with the Borough Council of Wellingborough.

Term Time Programme

MAIN POOL

Monday

06:30-08:30	Early Morning Lanes
08:30-09:30	General Swimming
09:30-12:00	Schools
12:00-13:30	Adult Lane Swimming
13:30-15:00	Schools
15:00-16:00	General Swimming
16:00-18:00	Lessons
18:00-22:00	W.A.S.C

Tuesday

06:30-08:30	Early Morning Lanes*/ W.A.S.C*
08:30-09:30	General Swimming
09:30-12:00	Schools
12:00-13:30	Adult Lane Swimming
13:30-15:00	Schools
15:00-16:00	Over 50s swim
16:00-18:00	Lessons
18:10-19:00	General Swimming
19:10-20:00	General Swimming
20:00-21:00	Lifesaving Club
21:00-22:00	Adult Lessons

Wednesday

06:30-08:30	Early Morning Lanes
08:30-09:30	General Swimming
09:30-12:00	Schools
12:00-13:30	Adult Lane Swimming
13:30-15:00	Schools
15:00-16:00	General Swimming
16:00-18:00	Lessons
18:00-20:00	Adult Lane Swim
20:00-21:00	Aqua Aerobics* (book at reception)
21:00-22:00	Masters Swimming*
21:00-22:00	Adult lane swim*
21:00-22:00	Staff Training

Thursday

06:30-08:30	Early Morning Lanes*/ W.A.S.C*
08:30-09:30	General Swimming
09:30-12:00	Schools
12:00-13:30	Adult Lane Swimming
13:30-15:00	Schools
15:00-16:00	Ladies Only
15:00-16:00	Aqua Aerobics (book at reception)*
16:00-18:00	Lessons
18:10-19:00	General Swimming
19:10-20:00	General Swimming
20:00-22:00	W.A.S.C

Friday

06:30-08:30	Early Morning Lanes
08:30-09:30	General Swimming
09:30-12:00	Schools
12:00-13:30	Adult Lane Swimming
13:30-15:00	Schools
15:00-16:00	Over 50s swim
16:00-18:00	Lessons
18:10-19:00	General Swimming
19:10-20:00	General Swimming
20:00-22:00	Adults Only

Saturday

08:00-12:00	Lessons
12:00-13:15	Flipper Club
13:20-14:10	Fun Session
14:20-15:10	Fun Sessions
15:15-17:00	Lane Swimming
17:00-22:00	Events (info at reception available for private hire)

Sunday

08:00-15:30	General Swimming
15:30-17:00	Lane Swimming
17:00-19:45	W.A.S.C

* Half pool only available.

** School use only April to July summer term
W.A.S.C - Wellingborough Swimming Club

Note

During school terms the small pool may not be available for some sessions. There may also be extra swimming times available in the main pool (details will be posted at reception).

Ladies only is 16+ yrs of age
Adults only is 16+ yrs of age

There may be alterations and limited space available due to courses being held at certain times details will be available at reception.

Timetable available in large format. Contact reception for details.

Activities are subject to change and availability, please check with reception prior to your visit.

Please refer to our Sports and Leisure Programme for prices

SMALL POOL

Monday

09:00-11:00	Parents & Tots
11:00-12:00	Lessons (Pre-School)*
12:00-16:00	General Swimming
16:00-18:00	Lessons
18:00-22:00	W.A.S.C

Tuesday

09:00-11:00	Parents & Tots
11:00-12:00	Lessons (Pre-School)*
12:00-16:00	General Swimming
16:00-18:00	Lessons
18:00-20:00	General Swimming
20:00-21:00	Lifesaving Club / W.A.S.C
21:00-22:00	Adult Lessons

Wednesday

09:00-13:00	General Swimming*
09:30-11:00	Adult Lessons*
13:00-15:00	Parents & Tots
15:00-16:00	Lessons (Pre-School)*
16:00-18:00	Lessons
18:00-20:00	General Swimming
20:00-22:00	Staff Training

Thursday

09:00-11:00	Parents & Tots
11:00-12:00	Lessons (Pre-School)*
12:00-15:00	General Swimming
15:00-16:00	Ladies Only
16:00-18:00	Lessons
18:00-20:00	General Swimming
20:00-22:00	W.A.S.C

Friday

09:00-13:00	General Swimming**
13:00-15:00	Parents & Tots
15:00-16:00	Lessons (Pre-School)*
16:00-18:00	Lessons
18:00-20:00	General Swimming

Saturday

08:00-12:00	Lessons
12:00-13:15	Flipper Club
13:20-17:00	General Swimming
17:00-22:00	Events (info at reception available for private hire)

Sunday

08:00-17:00	General Swimming
17:00-19:45	W.A.S.C

Swimming Guidelines

Lane Swim

Open to all swimmers.

Adult Lane Swim

Open to swimmers aged 16 yrs and over.

General Swimming

Open to swimmers of all abilities.

Ladies Only

Open to women aged 16 years and over.

Floating Fun

A fun session for all the family with floats and toys.

Early Morning Swim

For those who enjoy a swim before breakfast or work.

Over 50's Swim

A chance to enjoy a relaxing swim and meet new friends.

Adults Only

Enjoy a more relaxed swim in adult company.

Parents & Tots

A fun session for families with younger children with floats and toys available in the pool. Recommended for children aged 3 months to 5 years.

Flipper Club

Open to swimmers with a disability. Carers/helpers welcome.

Swim Supervision Policy

Children under 8 years old must be accompanied by a parent/adult 18 years or over in the pool, and changing areas. A ratio of no more than 2 children under 8 years per adult is allowed in the water.

School Holiday Programme

A separate school holiday swimming programme will be issued.

Busy Sessions

During busy sessions a band system will be put into operation limiting sessions to one hour.

Use of Small Pool

This pool is for children aged 7yrs and under.

Don't forget...

- 1) Your costume
- 2) Your towel
- 3) £1 for your locker (refundable)
- 4) To visit our Swim Shop in reception
- 5) Shower before entering pool



swimming
academy™

Learn to swim

- Easy payment options
- No queuing or re-enrolment*
- Continuous Assessment
- Guaranteed place within the programme
- Free swimming available during All Welcome sessions
- Range of days and times available to suit your needs

To enrol onto the Swimming Academy contact our Swimming Academy Manager on 01933 221622 or contact reception.

* For Direct Debit payers only



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!



Health & Fitness

We offer a friendly fitness environment as well as a number of payment options including 'pay as you go' and monthly Direct Debit.

All monthly payment options include gym, classes and swimming.

For further information contact a Customer Advisor on 01933 221622 or contact reception.

