



# Children's Half Term Holiday Activities

Monday 25th - Sunday 31st May 2009

Deben Swimming Pool



# Pool Timetable 25/05/09 – 31/05/09

## MONDAY 25/05/09

6am-7am	21st Century (pre-booked)
7am-8.30am	'Early Birds' – Public Swimming
8.30am-10am	Children's Holiday Activity
10am-3pm	Public Swimming (lap lane 12-2pm)
3pm-4pm	Gentle Water Workout (M & F)
4pm-5.30pm	Children's Swimming lessons
5.30pm-7pm	Public Swimming (lap lane)
7pm – 10pm	Club Use

## TUESDAY 26/05/09

5.45am-7am	Club Use
7am-8.30am	'Early Birds' – Public Swimming
8.30am-10am	Children's Holiday Activity
10am-11am	50+ Swimming
11am-3.30pm	Public Swimming (lap lane 12-2pm)
3.30-4pm	Adult Swimming lessons
4pm-5.30pm	Children's Swimming lessons
5.30pm-7pm	Public Swimming (lap lane)
7pm-8pm	Adult Swimming Lessons
8pm -10pm	Adults Only (lap lane)

## WEDNESDAY 27/05/09

6am-7am	21st Century (pre booked)
7am-8.30am	'Early Birds' – Public Swimming
8.30am-10am	Children's Holiday Activity
10am-11am	50+ Swimming
11am-6pm	Public Swimming (lap lane 12-2pm) (5-6 ½ pool staff training)
6pm-8pm	Club Use
8pm-10pm	Public Swimming (lap lane)

## THURSDAY 28/05/09

5.45am-7am	Club Use
7am-8.30am	'Early Birds' – Public Swimming
8.30am-10am	Children's Holiday Activity
10am-3pm	Public Swimming (lap lane 12-2pm)
3pm-4pm	People With Disabilities Swimming
4pm-5.30pm	Children's Swimming lessons
5.30pm-7pm	Public Swimming (lap lane)
7pm-8pm	Ladies Splash Dance
8pm-9pm	Ladies Only Swimming (lap lane)
9pm-10pm	Adults Only Swimming (lap lane)

## FRIDAY 29/05/09

6am-7am	21st Century (pre booked)
7am-8.30am	'Early Birds' – Public Swimming
8.30am-10am	Children's Holiday Activity
10am-4pm	Public Swimming (lap lane 12-4pm)

4pm-5.30pm	Children's Swimming lessons
5.30pm-7pm	Public Swimming (lap lane)
7pm-10pm	Club Use

## SATURDAY 30/05/09

7am-8.30am	21st century (pre booked)
8.30am-11am	Children's Swimming lessons
11.15am-12.15pm	Family Fun Session
12.30pm-1.30pm	50+ Swimming (Lap Lane)
1.30pm-6pm	Public Swimming (lap lane 1.30-2.30pm and 5-6pm)
6pm - 10pm	Pool Available For Private Hires

## SUNDAY 31/05/09

8am-5pm	Public Swimming (Lap lane 8am-12 & 4pm-5pm)
5pm-6pm	People With Disabilities Swimming
6pm-10pm	Club Use

- Get a coastal card and get your sessions cheaper

Last admission 30 minutes before session ends. Children under 8 years old MUST be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. No more than 2 children under 8 per adult. This programme changes during term time.





## Prices

### SWIMMING ADMISSION CHARGES

	c/card	non c/card
Adult (18-60)	£2.80	£3.50
Child (3-16)	£1.80	£2.25
Senior Citizen (60+)	£1.80	£2.25
Family Swim Ticket	£7.25	£9.10
Spectators	£0.00	£1.30
Showers	£1.45	£1.85
Splash Dance	£4.55	£5.70
Splash Dance & Swim	£6.40	£8.00
Gentle Water Workout	£3.45	£4.35

\* Get a coastal card and get your sessions cheaper

### SAUNA PRICES

	c/card	non c/card
1 hour	£4.70	£5.90
½ hour	£2.55	£3.20
Sauna & Swim	£6.30	£7.90
Book of 5 ½ hour sessions	£11	£13.75

\* Get a coastal card and get your sessions cheaper

### TENNIS

	c/card	non c/card
Off peak	£4.40	£5.50
Peak	£5.85	£7.35
Floodlight	£10.95	£13.70
Racket hire	£0.00	£5.00

## Kinetika Fitness Suite

Centre membership

- \* £31 Per person per month (unlimited gym swim and sauna)
- \* £62 Per family per month (maximum of 2 adults (16yrs+) & children)
- \* £310 Per person – annual advanced membership

(\*administration fee of £25 for new members, all prices are based on a minimum 3 month contract)

## Kinetika Fitness Programme

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

Opening hours for Kinetika Fitness Suite are as follows:

Monday – Friday      7am – 10pm  
Saturday – Sunday    8am – 8pm

Supervised, Structured sessions are available for 14-15 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. Please note these times may vary.

1 Hour sessions will be operated at busy periods  
Last admission 1 hour before fitness suite closes

Gym authorised	c/card	non
Adult Induction	£8.75	£10.95
Junior Induction	£8.75	£10.95
Gym Programme	£8.40	£10.50
Casual use prices		
Adult	£5.20	£6.50
Junior	£4.45	£5.60
Senior	£4.45	£5.60
Gym & Swim	£6.25	£7.85

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## Children's Holiday Activities

Contact reception for a list of children's activities available in the May Half term

## Family Fun Session

Fun for all the Family!

Every Saturday

With Inflatable and Rafts in the Pool  
Families and 8-14 yr olds Swimmers  
for prices please contact reception

## 21st Century Swimming

Training sessions for the serious swimmer  
weekdays £3.30 cc, £4.15 Non cc, Weekends  
£3.65 CC, £4.60 Non cc

## Contact Numbers for Clubs

### DEBEN SWIMMING CLUB

Contact:- Ian Cotton 01473 635105

### DEBEN CANOE CLUB

SATURDAYS 6.00pm-7.00pm

Contact:- 01394 411443 for more details

### DEBEN LIFESAIVING CLUB (during term time)

SUNDAYS 7.00pm-8.30pm

Contact 01473 713546 Or 01473 715893 for more details

PLEASE CONTACT RECEPTION FOR FURTHER DETAILS

Deben Swimming Pool

Station Road, Woodbridge, IP12 4AU

Telephone 01394 384763 - fax 01394 388484

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

This centre is operated by Suffolk Coastal Leisure Community Association Ltd working in partnership with Suffolk Coastal District Council

All prices correct at time of print

