

Children's Summer Activities Swimming Timetable

Ken Marriott Leisure Centre

Monday 20th July to Friday 4th September 2009

Main Pool

Monday

6.45am to 8.30am	Early Bird
8.30am to 9.55am	Ladies Only (RS)
12.00pm to 12.55pm	Family Swimming (LR)
1.00pm to 3.50pm	All Welcome

Tuesday

6.45am to 8.30am	Early Bird
8.30am to 9.55am	Adult Lane Swimming (RS)
11.05am to 11.50am	AquaFit
12.00pm to 1.00pm	Family Swimming (LR)
1.00pm to 3.50pm	All Welcome
5.35pm to 6.35pm	All Welcome (LR)
6.40pm to 7.25pm	AquaFit
8.30pm to 9.55pm	Adult Lane Swimming

Wednesday

6.45am to 8.30am	Early Bird
8.30am to 9.55am	Adult Lane Swimming (RS)
12.00pm to 1.00pm	Family Swimming (LR)
1.00pm to 3.50pm	All Welcome
5.35pm to 6.55pm	All Welcome (LR)
7.35pm to 8.20pm	AquaBurn
8.30pm to 9.55pm	Adult Lane Swimming

Thursday

6.45am to 8.30am	Early Bird
8.30am to 9.55am	Adult Lane Swimming (RS)
10.45am to 11.30am	AquaFit (excludes 23rd July/20th Aug)
12.00pm to 1.00pm	Family Swimming (LR)
1.00pm to 3.50pm	All Welcome
5.35pm to 6.25pm	All Welcome (LR)
8.30pm to 9.55pm	Adult Lane Swimming

Friday

6.45am to 8.30am	Early Bird
8.30am to 10.00am	Ladies Only
12.00pm to 1.30pm	Polar Challenge (over 1.2m)
2.00pm to 3.30pm	Polar challenge (over 1.2m)
5.35pm to 8.00pm	All Welcome (LR)
8.15pm to 9.55pm	Lane Swimming

Saturday

9.00am to 12.00pm	Deep End Only (RS)
12.00pm to 1.00pm	Family Swimming

1.00pm to 2.45pm	All Welcome
3.15 pm to 5.00pm	Polar Challenge (over 1.2m)

Sunday

9.00am to 10.30am	Adults Lane Swimming (25m)
10.30am to 12.30pm	Family Swimming (LR & RS)
12.45pm to 7.00pm	All Welcome
8.45pm to 9.55pm	Adult Lane Swimming

Monday (31st August Bank Holiday)

6.45am to 8.30am	Early Bird
8.30am to 9.55am	Ladies Only
10.00am to 12.30pm	Family Swimming (LR)
12.30pm to 3.50pm	All Welcome
5.45pm to 8.55pm	All Welcome

Leisure Pool

Bank Holiday Monday

10.30am to 3.50pm	Family Swimming
5.45pm to 8.00pm	Family Swimming

Monday to Friday

11.00pm to 3.50pm	Family Swimming
5.45pm to 8.00pm	Family Swimming

Saturday

9.00am to 5.30pm	Family Swimming
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Sunday

9.00am to 8.00pm	Family Swimming
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Swimming is free to qualifying groups during All Welcome, Early bird, Adult and Family Swimming Sessions.

Children under 8 must be supervised in and out of the water by an adult 18 years or over throughout the use of the facilities.

Family Swimming – children must be accompanied by an adult 18 years or over during these sessions.



Children's Activities

Swim Courses

Taster Week

Flip n Fun	20th July
Synchro	21st July
Water Polo	22nd July
10.00am to 11.00am	£4.00 per session

Flip n Fun

(Introduction to Diving)

Flip n Fun, is the ASA's new and exciting introduction to Diving FUNdamentals.

27th, 28th, 29th and 30th July 10th, 11th, 12th, 13th August

9.45am to 11.00pm £16.40

Advanced Diving

(for those who have completed Flip n Fun)

24th, 25th, 26th Aug

10.00am to 10.45am £8.00

Advanced Rookie

31st August, 1st, 2nd September

10.00am to 11.30am £11.10

Crash Swimming Courses

A 10 day swimming course to give your little one a head start in the water.

3rd to 14th August

17th to 28th August

9.00am 5 years plus

(able to swim breast stroke in aids)

9.30am 4 years plus beginner

(new to lessons) £37.50

Pre-school lessons ages 3-4

20th to 31st July 9.00am to 9.30am (10 lessons)

31st to 4th Sept 9.00am to 9.30am (5 lessons)

Stroke Development (25m plus)

20th to 31st July 9.30am to 10.00am (10 lessons)

31st to 4th Sept 9.30am to 10.00am (5 lessons)

10 x 30 minutes lessons £37.50

5 x 30 minute lessons £18.75

Rookie Lifeguard Course

As a Rookie you will learn special lifesaving skills to help you save yourself and know what to do if others get into difficulty in the water.

3rd, 4th, 5th and 7th August or

17th, 18th, 19th and 20th August

9.45am to 11.00am £14.80

Distance Awards

Please arrive early if you wish to swim the longer distances

Thursday 23rd July and 20th August

10.00am to 12.00pm

Badge £2.20 plus price of a swim

Short Tennis (aged 4 years plus)

A great introduction to the game led by an LTA level 2 coach.

22nd, 23rd and 24th July

5th, 6th, 7th August

4 years+ 2pm to 2.45pm

6 years+ 2.45pm to 3.30pm £8.10

Operation Mayhem

Suitable for children from 5 years to their 12th birthday

Operation Mayhem runs Monday to Friday throughout the school holiday between the hours of 8.30am and 5.30pm. Each day children will take part in a range of age appropriate activities from the list below:-

Energy Burning Fun

Mini tournaments, team games, tree house soft play and bouncy frogger.

Swim and Splash Sessions

Children over the age of 8 will now be able to swim everyday on Mayhem. The under 8s will enjoy swimming on Mondays and Fridays which will include a Polar Challenge inflatable session.

Arts, crafts and drama activities

A range of craft activities along with drama games, karaoke and mini talent shows.

Times and Prices

8.30am to 12.00pm £7.50

8.30am to 4.00pm £16.00

8.30am to 5.30pm £18.00

- Over 8s swim everyday!
- Polar Challenge Fridays
- Now until 5.30pm
- Lunch box now available £2.50

The Ken Marriott Leisure Centre

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www.kenmarriottleisurecentre.co.uk