

## FREE Swimming Questions & Answers

### 1. What age is Free Swimming available for?

Those aged 16 years and under and 60 years and over.

### 2. When can I start swimming for Free?

From the 1<sup>st</sup> April 2009, but you can sign up and register from 16<sup>th</sup> March 2009

### 3. How do I sign up and register?

You are required to complete an application form to register. Those 60 and over will be required to show proof of age e.g. Driving Licence, Pension Book or Passport. For those 16 and under the parent/ guardian will be required to complete the application form and accompany their children in order to register. Proof of age is only required for 14-16 years olds of a birth certificate or passport. Proof must be shown before your first swim.

### 4. What are the Registration Times?

#### Monday to Friday

9.30am – 3.30pm

#### Tuesday, Wednesday & Friday

7.00pm – 8.00pm

#### Weekends

10.00am – 1.00pm

### 5. Will I need to show proof of age on every visit?

All those registering will receive a membership card to allow access to the pool. You will need to show this on every visit otherwise the full rate may be charged.

### 6. What happens if I lose my free swimming card?

There will be a nominal charge to replace your lost or stolen card. No Card No Swim.

### 7. I swim already as part of my swimming membership but I qualify for free swimming- what do I do now?

If you qualify for free swimming and pay in advance for your membership you will receive a refund for the periods remaining on your membership. If you pay monthly by Direct Debit you will need to stop this payment – please refer to your membership terms and conditions.



## Pool Programme

This is a Guide to the New Pool Programme.

### General Swimming Sessions

Open to all swimmers of all abilities. (\* During School Holidays extra Splashtime sessions available during these times)

<u>Day</u>	<u>Main Pool</u>	<u>Teaching Pool</u>
Monday	9.30am – 12.25pm 3.00pm – 5.25pm*	2.30pm – 3.55pm 6.00pm – 6.55pm
Tuesday	9.30am – 12.25pm 2.00pm – 5.25pm 7.00pm – 7.55pm	12.00pm – 3.55pm
Wednesday	9.30am – 10.55am 2.00pm – 5.55pm*	1.30pm – 3.55pm
Thursday	9.30am – 12.25pm 3.00pm – 6.25pm	12.30pm – 3.55pm 6.00pm – 7.00pm
Friday	9.30am – 12.25pm 2.00pm – 5.55pm*	11.00am – 12.55pm 2.30pm – 3.55pm
Saturday	11.00am – 12.55pm 3.00pm – 5.55pm	11.00am – 12.55pm 3.00pm – 5.55pm
Sunday	10.00am – 12.55pm 3.00pm – 5.55pm	9.00am – 12.55pm 3.00pm – 5.55pm

**Call us now on 01252 370411 for further information**

## Adult Lane Swimming Sessions

Open to all swimmers over 16 years of age to swim lengths. During 6 lanes session, fast, medium, slow lanes available for all abilities

<u>Day</u>	<u>Main Pool</u>	<u>Notes</u>
Monday	12.30 – 1.55pm 5.30pm – 7.30pm	6 Lanes 3 Lanes
Tuesday	12.30pm – 1.55pm 8.00pm – 9.55pm	6 Lanes 6 Lanes
Wednesday	12.30pm – 1.55pm	6 Lanes
Thursday	12.30pm – 1.55pm	6 Lanes
Friday	12.30pm – 1.55pm	6 Lanes
Sunday	9.00am – 9.55am	6 Lanes

## Breakfast Swim

Open to members who have obtained a ticket beforehand, pre-paid regulars and all free swimmers

Monday	7.00am – 9.25am
Tuesday	7.00am – 8.25am
Wednesday	7.00am – 9.25am
Thursday	7.00am – 9.25am
Friday	7.00am – 9.25am

## Family Swimming Sessions

Ideal for parents / guardians and children to enjoy quality family time and fun in the teaching pool & maybe practice strokes & techniques learned in our Swimming Academy Programme

Saturday	1.00pm – 1.55pm
Sunday	1.00pm – 1.55pm

## Senior Swim Sessions

Session aimed at swimmers 60 years and over in the main pool

Monday	2.00pm – 2.55pm	Main Pool (Term Time Only)
Wednesday	11.00am – 12.25pm	Main Pool (Term Time Only)

## Splashtimes

Fun floats available in the pools.

Monday	(Parent & under 5's)	11.30am – 12.25pm	Teaching Pool
Thursday	(Parent & under 5's)	11.30am – 12.25pm	Teaching Pool
Saturday	2.00pm – 2.55pm	Family Session	
	2.00pm – 2.55pm	Family Session	
Sunday	2.00pm – 2.55pm	Family Session	
	2.00pm – 2.55pm	Family Session	

## Adult Swim Sessions

Open to all swimmers over 16 years of age, all abilities welcome ideal for relaxing swim, fitness or who are new to swimming

Take a look at the adult lane swimming times, for your complete programme.

Monday	8.30pm – 9.55pm
Thursday	7.30pm – 9.55pm
Saturday	1.00pm – 1.55pm
Sunday	1.00pm – 1.55pm 5.00pm – 5.55pm

## Information

- Children under 8 must be supervised in the water and changing rooms by a Parent or Adult (18+)
- A maximum of 3 children under 8 are permitted per parent / adult
- The use of electrical equipment, mobile phones and cameras are strictly prohibited on poolside
- At times the pool will be have lanes in use for swimming lessons, club swimming and staff training
- The pool programme runs throughout the year including holidays
- The management reserve the right during busy periods to restrict swimming to timed sessions

## Don't forget.....

1. **Your Costume**
2. **Your towel**
3. **£1 for your locker (refundable)**
4. **You Free Swimming Card (pre-registration essential)**
5. **To go to the toilet before swimming**
6. **Have a shower before swimming**