

“We aim to provide a progressive, quality and value for money service encouraging continued and frequent use by the community.”



Swimming Timetables

Tuesday 3rd January to
Sunday 1st April 2012



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One Leisure is managed by Huntingdonshire District Council.

If you would like a translation of this publication, a large text version or an audio version, please contact us and we will try to accommodate your needs.

All information is correct at the time of printing (12/11). We reserve the right to amend the prices and services as described within this publication. One Leisure regulations apply.

This publication is produced by the One Leisure Marketing Department.



**No price
changes
in January
2012**

www.oneleisure.net

Main Timetable Tuesday 3rd January to Sunday 1st April 2012 (see separate timetable below for half term)

M	Adult Lanes 7.00 - 8.30	Parents & Under 5's 9.00 - 10.25	Adult Leisurely Swim 10.30 - 11.50	Adult Lanes 12.00 - 1.00	Private Use 1.05 - 2.55		Aquanatal 3.05 - 3.55	Junior Lessons 4.00 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Adult Lanes 7.00 - 7.55	Adult Lessons 8.00 - 8.45
T	Lane Swim 7.00 - 8.30	Private Use 8.30 - 9.30	Baby Lessons 9.30 - 11.30	Aquafit 11.30 - 12.20	Adult Lanes 12.25 - 1.25 <small>(except 31st Jan & 7th Feb)</small>	Private Use 1.30 - 2.30	Public Swim 2.35 - 3.25 <small>(except 31st Jan & 7th Feb)</small>	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Swimming Club 7.00 - 10.00	
W	Adult Lanes 7.00 - 8.30	Private Use 8.30 - 12.00		Adult Lanes 12.05 - 1.25	Private Use 1.30 - 2.30	Public Swim 2.35 - 4.15	Junior Lessons 4.30 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Adult Lanes 7.00 - 7.55	Swimming Club 8.00 - 9.30	
T	Lane Swim 7.00 - 8.30	Private Use 8.30 - 12.00		Adult Lanes 12.05 - 1.25	Private Use 1.30 - 2.30	Public Swim 2.35 - 3.45	Junior Lessons 4.00 - 6.00	Aquafit 6.00 - 6.50	Ladies Lanes 7.00 - 7.55	Swimming Club 8.00 - 9.30	
F	Adult Lanes 7.00 - 8.30	Private Use 8.30 - 11.00		Adult Leisurely Swim 11.05 - 12.00	Adult Lanes 12.05 - 1.25	Private Use 1.30 - 4.15	Junior Lessons 4.45 - 6.30	Public Swim + 2 Lanes 6.30 - 7.30		Swimming Club 7.30 - 8.30	
S	Junior Lessons 8.30 - 11.00		Swimming Club 11.00 - 1.00	Public Swim 1.05 - 2.35		Inflatable Fun 2.45 - 3.45	Party Hire 4.05 - 4.55	Party Hire 5.05 - 5.55	Adult Lanes 6.00 - 7.00 <small>(except 11th Feb & 3rd Mar)</small>		
S	Junior Lessons 8.30 - 10.30		Parents & Under 5's 10.35 - 12.10	Floats Fun 12.15 - 1.45		Public Swim 1.50 - 2.55	Junior Lessons 3.00 - 6.00		Adult Lanes 6.00 - 7.00		

Half Term Timetable Monday 13th February to Sunday 19th February 2012

M	Adult Lanes 7.00 - 8.30	Swim Crash Courses 9.00 - 10.00	Adult Leisurely Swim 10.05 - 11.05	Leo's Holiday Club 11.10 - 11.55	Adult Lanes 12.00 - 1.25	Floats Fun 1.35 - 3.45		Junior Lessons 4.00 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Adult Lanes 7.00 - 7.55	Adult Lessons 8.00 - 8.45
T	Lane Swim 7.00 - 8.30	Swim Crash Courses 9.00 - 10.00	Parents & Under 5's 10.05 - 11.25	Aquafit 11.30 - 12.20	Adult Lanes 12.30 - 1.25	Public Swim 1.30 - 2.25	Leo's Holiday Club 2.30 - 3.20	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Adult Lanes 7.00 - 9.00	
W	Adult Lanes 7.00 - 8.30	Swim Crash Courses 9.00 - 10.00	Leo's Holiday Club 10.05 - 10.55	Parents & Under 8's 11.05 - 12.20	Adult Lanes 12.30 - 1.25	Floats Fun 1.35 - 4.15		Junior Lessons 4.30 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Adult Lanes 7.00 - 9.00	
T	Lane Swim 7.00 - 8.30	Swim Crash Courses 9.00 - 10.00	Floats Fun 10.05 - 11.00	Leo's Holiday Club 11.05 - 12.20	Adult Lanes 12.30 - 1.25	Inflatable Fun 1.40 - 3.45		Junior Lessons 4.00 - 6.00	Aquafit 6.00 - 6.50	Ladies Lanes 7.00 - 7.55	Swimming Club 8.00 - 9.30
F	Adult Lanes 7.00 - 8.30	Swim Crash Courses 9.00 - 10.00	Public Swim 10.05 - 11.00	Leo's Holiday Club 11.05 - 12.20	Adult Lanes 12.30 - 1.25	Public Swim 1.30 - 3.35	Leo's Holiday Club 3.50 - 4.30	Junior Lessons 4.45 - 6.30		Public Swim + 2 Lanes 6.30 - 7.30	
S	Junior Lessons 8.30 - 11.00		Lane Swim 11.05 - 12.00	Public Swim 12.05 - 1.30		Inflatable Fun 1.45 - 3.55		Party Hire 4.05 - 4.55	Party Hire 5.05 - 5.55	Adult Lanes 6.00 - 7.00	
S	Junior Lessons 8.30 - 10.30		Parents & Under 5's 10.35 - 12.10	Floats Fun 12.15 - 1.45		Public Swim 1.50 - 2.55		Junior Lessons 3.00 - 6.00		Adult Lanes 6.00 - 7.00	

Session Descriptions

Adult Lanes

Sessions for 16+ years where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

Adult Leisurely Swim

Informal swimming sessions for 16+ years.

Adult Lessons (16+ years)

It is never too late to learn or improve on your existing skills. Adult lessons are available in the evenings where you can learn with others who have the same ability as you.

Aquafit

A fun and energetic workout in the pool using the resistance of the water for all over toning. Classes are suitable for 14+ years. Book up to 7 days in advance.

Aquanatal

A gentle class in the pool for expectant and new mothers.

Baby & Toddler Lessons (6+ months)

It is never too early to learn how to swim! Lessons involve a selection of skills such as movement of arms and legs, rolling from front to back, blowing bubbles, floating and submerging.

Early Birds

Public swimming sessions for all ages.

Floats Fun

A fun time for all with floats and rafts in the water.

Inflatable Fun

Slippery fun for all with an inflatable in the water.

Junior Lessons (3+ years)

The Swim 4 Life scheme enables the development and progression of your child's swimming ability at their own pace aided by fully qualified swim teachers. Our objective is to build confidence, develop technique and improve the swimming ability of children to give them vital life skills.

Ladies Lanes

Ladies only sessions where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

Lane Swim

Public session for all ages where the pool is divided into lanes for length swimming only. Ideal for timed stamina training and distance swims at your own pace.

Parents & Under 5's

A fun playtime session for parents and under 5's where armbands and water toys are included.

Parent's & Under 8's

A fun playtime session for parents and under 8's where armbands and water toys are included.

Party Hire

Hire the pool exclusively for a private party. Choose either a Floats Fun or Inflatable Fun party. Early booking advised.

Public Swim

Public swimming sessions for all ages.

Swim Crash Courses (3+ years)

During half term we will be running 5 day crash courses suitable for beginners.

Customer Information

- Children under 8 must be accompanied by an adult (16+) in the water. No more than two under 8's allowed with each adult.
- Children over 8 must use the correct changing room according to their gender.
- A 20p coin (which is returnable) is required to use the swimming pool changing room lockers.
- During busy periods a call-out system operates. Swims may be limited to 45 minutes. If you wish to attend more than one session you must repay or swipe in again at reception if you are an Advantage/Classic member or have a swim pass.
- The inflatable is not suitable for non-swimmers or children wearing swimming aids.
- A qualified lifeguard supervises the pool at all times. Entry to the deep end of the pool (also on the inflatable) is at the lifeguards discretion and will be judged on swimming ability.
- The centre is fully equipped with pool hoists, disabled toilets, changing areas and disabled car parking. Carers with disabled people requiring assistance can swim for free. Please phone in advance if you have any special requirements.

Swimming Price List

Swimming at One Leisure represents excellent value for money to enjoy individually or as a group with friends and family.

	ONE CARD	FULL PRICE
Swim Session (under 5's)	FREE	£1.00
Swim Session (5 to 15 years)	£2.40	£3.20
Floats Fun Session (5 to 15 years)	£2.70	£3.20
Inflatable Fun Session (5 to 15 years)	£2.70	£3.20
Swim Session (16 to 59 years)	£3.50	£4.80
Swim Session (60+ years)	£3.20	£4.30
Family Swim Pass (2 adults and 2 children)	£10.00	£12.00
Aquafit / Aquanatal	£4.50	£5.50

FREE swimming for under 5's

Children under 5 can swim for **FREE** at all of the One Leisure swimming pools. You must produce your One Card every time you visit otherwise you will be required to pay the full price. Proof of age must be provided on request.

Advantage and Classic Members

Swimming is **FREE** at all of the One Leisure swimming pools for Advantage and Classic members. Children of Advantage members aged under 16 swim **FREE** as well.

30 Day and Annual Swim Passes

If you are a regular swimmer you can save money with our great value 30 Day and Annual Swim Passes.

30 Day Swim Pass (5 to 15 years)	£18.50
30 Day Swim Pass (16+ years)	£27.50
Annual Swim Pass (5 to 15 years)	£155.00
Annual Swim Pass (16+ years)	£240.00

- The 30 Day Swim Pass entitles you to 'unlimited swimming' at all of the One Leisure swimming pools. The 30 Day Swim Pass starts from the date of purchase. Excludes Aquafit, Aquanatal and Aqua Zumba.
- The Annual Swim Pass entitles you to 'unlimited swimming' at all of the One Leisure swimming pools. If you are aged 18+ years the pass includes free use of the health suite at One Leisure Ramsey. Excludes Aquafit, Aquanatal and Aqua Zumba.

Download the **FREE** Splashpath iPhone App to view pool timetables wherever you are!

- Check pool timetables
- Record swims
- Complete swim challenges (swim the English Channel, Thames and Nile or even Escape from Alcatraz!)
- Make friends
- FREE to download



Available on the
App Store

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