

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



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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.



Swimming Timetables

Tuesday 3rd January to
Sunday 1st April 2012



**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	Early Birds 6.30 - 8.30	Private Use 9.00 - 11.00		Parents & Under 5's 11.00 - 12.00	Lane Swim 12.00 - 1.00	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim 6.00 - 7.15	Aquafit (Ladies Only) 7.20 - 8.10	Lane Swim 8.15 - 9.30
T	Early Birds 6.30 - 8.30	Private Use 9.00 - 11.00		Aquafit 11.05 - 11.55	Lane Swim 12.00 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Disabled & Adult Lanes 7.00 - 8.00	Adult Lessons 8.00 - 9.30
W	Early Birds 6.30 - 8.30	Baby Lessons 9.00 - 10.00	Aquanatal 10.05 - 10.55	Parents & Under 5's 11.00 - 12.00	Aquafit (Ladies Only) 12.05 - 12.55	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.15	NEW Aqua Circuits 7.20 - 8.10	Lane Swim 8.15 - 9.30
T	Early Birds 6.30 - 8.30	Private Use 9.00 - 12.00			Lane Swim 12.00 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Aqua Zumba 7.05 - 7.55	Lane Swim 8.00 - 9.00
F	Early Birds 6.30 - 8.30	Private Use 9.00 - 10.30	Adult Lessons 10.30 - 11.15	Private Use 11.30 - 3.30		Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 7.30		Canoe Club 7.30 - 9.30	
S	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 12.00			Party Hire 12.00 - 1.00	Party Hire 1.00 - 2.00	Floats Fun 2.00 - 3.30	Party Hire 3.30 - 4.30	One Leisure Ramsey closes at 5pm	
S	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.45	Party Hire 12.00 - 1.00	Floats Fun 1.15 - 2.45	Public Swim + 1 Lane 3.00 - 4.30		One Leisure Ramsey closes at 5pm	

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

M	Early Birds 6.30 - 8.55	Swim Crash Courses 9.00 - 10.00	Play Water Polo 10.00 - 11.00	Public Swim 11.00 - 12.00	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.15		Junior Lessons 3.30 - 6.00	Public Swim 6.00 - 7.15	Aquafit (Ladies Only) 7.20 - 8.10	Lane Swim 8.15 - 9.30
T	Early Birds 6.30 - 8.55	Swim Crash Courses 9.00 - 10.00	Public Swim 10.00 - 11.00	Aquafit 11.05 - 11.55	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 2.45	Snorkelling Taster 3.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Disabled & Adult Lanes 7.00 - 8.00	Adult Lessons 8.00 - 9.30
W	Early Birds 6.30 - 8.55	Swim Crash Courses 9.00 - 10.00	Rookie Lifeguard Taster 10.00 - 11.00	Parents & Under 8's 11.00 - 12.00	Aquafit (Ladies Only) 12.05 - 12.55	Lane Swim 1.00 - 2.00	Public Swim 2.00 - 3.15	Junior Lessons 3.30 - 6.00	Floats Fun 6.00 - 7.15	Aqua Circuits 7.20 - 8.10	Lane Swim 8.15 - 9.30
T	Early Birds 6.30 - 8.55	Swim Crash Courses 9.00 - 10.00	Snorkelling Taster 10.00 - 11.00	Public Swim 11.00 - 12.00	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 2.45	Play Water Polo 3.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Aqua Zumba 7.05 - 7.55	Lane Swim 8.00 - 9.00
F	Early Birds 6.30 - 8.55	Swim Crash Courses 9.00 - 10.00	Parents & Under 8's 10.00 - 11.00	Public Swim 11.00 - 12.00	Lane Swim 12.00 - 1.00	Floats Fun 1.15 - 3.15		Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 7.30		Canoe Club 7.30 - 9.30
S	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 12.00			Party Hire 12.00 - 1.00	Party Hire 1.00 - 2.00	Floats Fun 2.00 - 3.30		Party Hire 3.30 - 4.30	One Leisure Ramsey closes at 5pm	
S	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.45	Party Hire 12.00 - 1.00	Floats Fun 1.15 - 2.45		Public Swim + 1 Lane 3.00 - 4.30		One Leisure Ramsey closes at 5pm	

Session Descriptions

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.

NEW Aqua Circuits

Combines high intensity fitness training with toning by moving around different workout stations in both shallow and deep water. Suitable for 14+ years. Book up to 7 days in advance.

Aquafit

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

Aquanatal

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

Aqua Zumba

Aqua Zumba incorporates all the fun of Zumba high-intensity dance movements with the gentle support of the water. Suitable for 14+ years. Book up to 7 days in advance.

Baby & Toddler Lessons (18+ 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.

Disabled & Adult Lanes

A relaxed session for adults (16+) and disabled swimmers where the pool is divided into lanes for length swimming only.

Early Birds

Public swimming sessions for all ages.

Family Fun

A family only session for parents and younger children to enjoy their time in the water together. An adult (16+) must accompany their child in the water.

Floats Fun

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

Junior Lessons (3+ years)

Junior lessons run 43 weeks of the year to ensure children are continually assessed so they can progress quickly.

Lane Swim

Public sessions 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 and Parents & Under 8's

Fun playtime sessions for parents and under 5's or under 8's where armbands and water toys are included.

Party Hire

Hire the pool exclusively for a private party. Floats and toys are supplied in the water for your birthday or special occasion.

Public Swim

Public swimming sessions for all ages.

Rookie Lifeguard Taster (8 to 13 years)

Increases swimming confidence and developing survival skills, initiative, confidence, judgement, teamwork and leadership.

Snorkelling Taster (6 to 13 years)

Learn how to snorkel in a safe environment with qualified instructors and professional equipment.

Play Water Polo (6 to 12 years)

Get in shape and improve your fitness with a combination of swimming, basketball and football. Players must be confident swimmers and be able to swim 50 metres and tread water.

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.
- 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.
- A qualified lifeguard supervises the pool at all times. Entry to the deep end of the pool 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
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
Aqua Circuits, Aquafit, Aquanatal and Aqua Zumba	£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

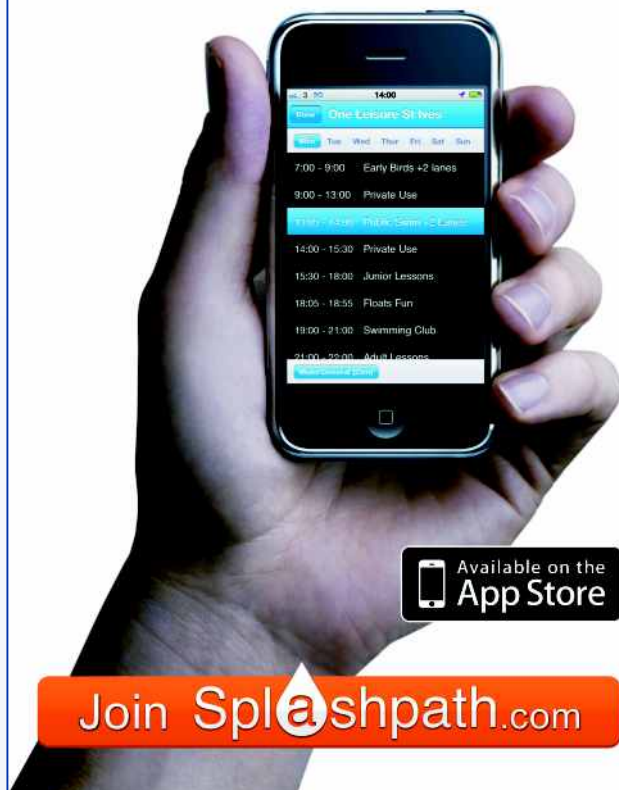
If you are a regular swimmer you can save money with our great value 30 Day and Annual Swim Passes.

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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