

"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](http://www.oneleisure.net)

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

<b>M</b>	Early Bird Lanes 6.30 - 8.30	Private Use 8.30 - 4.00				Junior Lessons 4.00 - 5.30	Public Swim + 1 Lane 5.30 - 6.30	Aquafit 6.30 - 7.20	Lane Swim 7.30 - 8.30
<b>T</b>	Early Bird Lanes 6.30 - 8.30	Private Use 8.30 - 4.00				Junior Lessons 4.00 - 6.00	Swimming Club 6.15 - 7.45		Lane Swim 7.45 - 8.45
<b>W</b>	Early Bird Lanes 6.30 - 8.30	Private Use 8.30 - 11.00	Baby Lessons 11.15 - 1.15	Adult Swim 1.30 - 2.30	Private Use 2.30 - 4.00	Junior Lessons 4.00 - 6.00	Aqua Zumba 6.00 - 6.50	Public Swim 7.00 - 8.30	
<b>T</b>	Early Bird Lanes 6.30 - 8.30	Private Use 8.30 - 12.00		Public Swim 12.15 - 1.15	Private Use 1.15 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Aquafit 7.00 - 7.50	Lane Swim 8.00 - 9.30
<b>F</b>	Early Bird Lanes 6.30 - 8.30	Private Use 8.30 - 1.00		Adult Swim 1.00 - 2.00	Private Use 2.00 - 5.00	Floats Fun 5.00 - 5.50	Swimming Club 6.00 - 7.30	Lane Swim 7.30 - 8.30	
<b>S</b>	Adult Lanes 7.30 - 8.30	Junior Lessons 8.30 - 11.00	Parents & Under 8's 11.00 - 12.00	Party Hire 12.15 - 1.15	Floats Fun 1.30 - 3.00	Public Swim + 1 Lane 3.15 - 4.15	Swimming pool closes at 4.15pm		
<b>S</b>	Classic Swim 8.00 - 9.00	Family Fun 9.00 - 12.00		Public Swim + 1 Lane 12.00 - 1.00	Party Hire 1.15 - 2.15	Floats Fun 2.30 - 4.00	Swimming pool closes at 4.00pm		

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

<b>M</b>	Early Bird Lanes 6.30 - 8.45	Public Swim 9.00 - 10.15	NPLQ Course 10.15 - 11.45	Adult Swim 11.45 - 12.45	Floats Fun 1.00 - 2.15	NPLQ Course 2.15 - 3.45	Junior Lessons 4.00 - 5.30	Public Swim + 1 Lane 5.30 - 6.30	Aquafit 6.30 - 7.20	Lane Swim 7.30 - 8.30
<b>T</b>	Early Bird Lanes 6.30 - 8.45	NPLQ Course 8.45 - 10.15	Parents & Under 8's 10.30 - 11.30	Floats Fun 11.45 - 1.15	Adult Swim 1.15 - 2.15	NPLQ Course 2.15 - 3.45	Junior Lessons 4.00 - 6.00	Swimming Club 6.15 - 7.45		Lane Swim 7.45 - 8.45
<b>W</b>	Early Bird Lanes 6.30 - 8.45	NPLQ Course 8.45 - 10.15	Adult Swim 10.15 - 11.15	Baby Lessons 11.15 - 1.15	Public Swim 1.15 - 2.15	NPLQ Course 2.15 - 3.45	Junior Lessons 4.00 - 6.00	Aqua Zumba 6.00 - 6.50	Public Swim 7.00 - 8.30	
<b>T</b>	Early Bird Lanes 6.30 - 8.45	NPLQ Course 8.45 - 10.15	Parents & Under 8's 10.30 - 11.30	Floats Fun 11.45 - 1.15	Adult Swim 1.15 - 2.15	NPLQ Course 2.15 - 3.45	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Aquafit 7.00 - 7.50	Lane Swim 8.00 - 9.30
<b>F</b>	Early Bird Lanes 6.30 - 8.45	Adult Swim 9.00 - 10.00	Public Swim 10.00 - 11.00	NPLQ Course 11.00 - 12.30	Inflatable Fun 12.45 - 2.45	Public Swim 3.00 - 4.00	NPLQ Course 4.00 - 5.30	Swimming Club 6.00 - 7.30	Lane Swim 7.30 - 8.30	
<b>S</b>	Adult Lanes 7.30 - 8.30	Junior Lessons 8.30 - 11.00	Parents & Under 8's 11.00 - 12.00	NPLQ Course 12.00 - 1.30	Floats Fun 1.30 - 3.00	Public Swim + 1 Lane 3.15 - 4.15	Swimming pool closes at 4.15pm			
<b>S</b>	Classic Swim 8.00 - 9.00	Family Fun 9.00 - 12.00		Public Swim + 1 Lane 12.00 - 1.00	NPLQ Course 1.00 - 2.30	Floats Fun 2.30 - 4.00	Swimming pool closes at 4.00pm			

# 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 Swim

Informal swimming sessions for 16+ years.

## Aquafit

A fun and energetic workout in the pool using the resistance of the water for all over toning. Suitable for 14+ years.

## 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.

## 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.

## Classic Swim

A Sunday morning swim for adults (16+) to the relaxing sound of classical music where the pool is divided in half.

## Early Bird Lanes

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.

## 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.

## Inflatable Fun

Slippery fun for all with an inflatable 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.

## NPLQ Course (16+ years)

The National Pool Lifeguard Qualification (NPLQ) provides an excellent way to start working in the leisure industry giving valuable skills which can be used throughout your life.

## Parents & Under 8's

Fun playtime sessions 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.

## Private Use

Casual and block bookings may be available in the pool.

## Public Swim

Public swimming sessions for all ages.

# 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)	<b>FREE</b>	£1.00
Swim Session (5 to 15 years)	<b>£2.40</b>	£3.20
Floats Fun Session (5 to 15 years)	<b>£2.70</b>	£3.20
Inflatable Fun Session (5 to 15 years)	<b>£2.70</b>	£3.20
Swim Session (16 to 59 years)	<b>£3.50</b>	£4.80
Swim Session (60+ years)	<b>£3.20</b>	£4.30
Family Swim Pass (2 adults and 2 children)	<b>£10.00</b>	£12.00
Aquafit / Aqua Zumba	<b>£4.50</b>	£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)	<b>£18.50</b>
30 Day Swim Pass (16+ years)	<b>£27.50</b>
Annual Swim Pass (5 to 15 years)	<b>£155.00</b>
Annual Swim Pass (16+ years)	<b>£240.00</b>

- 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

