

"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



One Leisure St Ives Indoor

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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	Early Birds + 2 Lanes 7.00 - 8.45	Private Use 8.45 - 12.25		Public Swim + 2 Lanes 12.30 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Floats Fun 6.05 - 6.55	Swimming Club 7.00 - 9.00		Adult Lessons 9.00 - 10.00	
T	Early Birds + 2 Lanes 7.00 - 8.45	Adult Lessons 9.00 - 10.00	Private Use 10.00 - 12.25	Public Swim + 2 Lanes 12.30 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.10	Aquafit 7.15 - 8.10	Adult Lanes 8.15 - 10.00		
W	Early Birds + 2 Lanes 7.00 - 8.45	Private Use 8.45 - 11.00	Baby Lessons 11.00 - 12.00	Private Use 12.00 - 1.00	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.05 - 6.55		Swimming Club 7.00 - 10.00	
T	Early Birds + 2 Lanes 7.00 - 8.45	Private Use 8.45 - 11.00	Junior Lessons 11.00 - 12.00	Private Use 12.00 - 1.00	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.10	Aquafit 7.15 - 8.10	Adult Lanes 8.15 - 9.15	Tri Coaching 9.15 - 10.00
F	Early Birds + 2 Lanes 7.00 - 8.45	Private Use 8.45 - 11.00		Baby Lessons 11.00 - 12.00	Public Swim + 2 Lanes 1.05 - 2.00	Private Use 2.00 - 3.30	Junior Lessons 3.30 - 6.00	Swimming Club 6.05 - 8.05		Adult Swim + 1 Lane 8.10 - 9.30	
S	Swimming Club 7.00 - 9.00	Junior Lessons & Aqua Skills 9.00 - 12.30			Disabled & 40+ Swim 12.30 - 1.25	Floats Fun 1.30 - 3.55		Wipe Out Inflatable 4.05 - 4.50	Party Hire 5.00 - 5.55	Party Hire 6.00 - 6.55	Party Hire 7.00 - 7.55
S	Adult Early Birds 7.15 - 9.10	Family Fun 9.15 - 12.25			Adult Lanes 12.30 - 1.25	Floats Fun 1.30 - 2.30	Public Swim 2.35 - 3.55	Swimming Club 4.00 - 8.00			Sub Aqua Club 8.15 - 9.15

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

M	Early Birds + 2 Lanes 7.00 - 8.55	Floats Fun 9.00 - 11.25		Cyril the Squirrel's Holiday Club 11.30 - 12.25	Adult Swim + 2 Lanes 12.30 - 1.25	Public Swim 1.30 - 3.25	Junior Lessons 3.30 - 6.00	Floats Fun 6.05 - 6.55	Swimming Club 7.00 - 9.00		Adult Lessons 9.00 - 10.00
T	Early Birds + 2 Lanes 7.00 - 8.55	Adult Lessons 9.00 - 10.00	Public Swim 10.00 - 11.25	Cyril the Squirrel's Holiday Club 11.30 - 12.25	Adult Swim + 2 Lanes 12.30 - 1.25	Floats Fun 1.30 - 3.25	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.10	Aquafit 7.15 - 8.10	Adult Lanes 8.15 - 10.00	
W	Early Birds + 2 Lanes 7.00 - 8.55	Floats Fun 9.00 - 9.55	Cyril the Squirrel's Holiday Club 10.00 - 10.55	Baby Lessons 11.00 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Wipe Out Inflatable 1.40 - 2.25 and 2.35 - 3.20	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.05 - 6.55		Swimming Club 7.00 - 10.00	
T	Early Birds + 2 Lanes 7.00 - 8.55	Public Swim 9.00 - 9.55	Cyril the Squirrel's Holiday Club 10.00 - 10.55	Junior Lessons 11.00 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Floats Fun 1.30 - 3.25	Junior Lessons 3.30 - 6.00	Public Swim 6.05 - 7.10	Aquafit 7.15 - 8.10	Adult Lanes 8.15 - 9.15	Tri Coaching 9.15 - 10.00
F	Early Birds + 2 Lanes 7.00 - 8.55	Floats Fun 9.00 - 9.55	Cyril the Squirrel's Holiday Club 10.00 - 10.55	Baby Lessons 11.00 - 12.00	Adult Swim + 2 Lanes 12.05 - 1.25	Public Swim 1.30 - 3.25	Junior Lessons 3.30 - 6.00	Swimming Club 6.05 - 8.05		Adult Swim + 1 Lane 8.10 - 9.30	
S	Swimming Club 7.00 - 9.00	Junior Lessons & Aqua Skills 9.00 - 12.30			Disabled & 40+ Swim 12.30 - 1.25	Floats Fun 1.30 - 3.55		Wipe Out Inflatable 4.05 - 4.50	Party Hire 5.00 - 5.55	Party Hire 6.00 - 6.55	Party Hire 7.00 - 7.55
S	Adult Early Birds 7.15 - 9.10	Family Fun 9.15 - 12.25			Adult Lanes 12.30 - 1.25	Floats Fun 1.30 - 2.30	Public Swim 2.35 - 3.55	Swimming Club 4.00 - 8.00			Sub Aqua Club 8.15 - 9.15

Session Descriptions

Adult Early Birds

Informal swimming sessions for 16+ years.

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. Book up to 7 days in advance.

Disabled & 40+ Swim

A relaxed session for 40+ years and disabled swimmers.

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.

Party Hire

Hire the pool exclusively for a private party. Choose either a Floats Fun or Wipe Out Inflatable party.. Lifeguards are included. Early booking advised.

Private Use

Casual and block bookings may be available in the pool.

Public Swim

Public swimming sessions for all ages.

Wipe Out Inflatable (8+ years)

Slippery fun for all on the Wipe Out inflatable. Under 8's, non-swimmers or children who cannot swim 50 metres are not allowed to attend this session.

Swimming Lessons

Baby & Toddler Lessons (4+ 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.

Junior Lessons (3+ years)

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

Adult Lessons (16+ years)

It is never too late to learn or improve on your existing skills. Learn with other adults who have the same ability as you.

Tri-Coaching (16+ years)

Coached lane sessions for triathletes looking to improve on current race times through increased efficiency of their stroke resulting in an advancement of their speed and stamina.

Private Lessons (all ages)

If you are unable to attend the swimming courses available we can provide 1:1 or 2:1 private lessons on request

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.
- 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 £1 refundable deposit is required for a swimming locker wristband.
- 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
Wipe Out Inflatable 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	£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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