

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



# Swimming Timetables

Wednesday 4th 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 Wednesday 4th January to Sunday 1st April 2012 (see separate timetable below for half term)

<b>M</b>	Early Birds 7.00 - 8.55	Private Use 9.00 - 11.00		Mums 2 Be Swim 11.00 - 12.00	Adult Lanes and Parents & Under 8's 12.15 - 1.55	Private Use 2.00 - 3.25	Junior Lessons 3.30 - 6.30	Public Swim + 1 Lane 6.30 - 7.25	Adult Lessons 7.30 - 8.15	Aquafit 8.15 - 9.05	Adult Lanes 9.05 - 10.05
<b>T</b>	Early Birds 7.00 - 8.55	Parents & Under 5's 9.00 - 9.50	Private Use 9.55 - 12.20		Adult Lanes and Parents & Under 8's 12.30 - 1.55	Private Use 2.00 - 4.55	Junior Lessons 5.00 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Swimming Club 7.00 - 10.15		
<b>W</b>	Early Birds 7.00 - 8.55	Private Use 9.00 - 12.20			Adult Lanes and Parents & Under 8's 12.30 - 1.55	Private Use 2.00 - 3.25	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Swimming Club 7.00 - 8.00	Aquafit 8.05 - 8.55	Staff Training 9.00 - 10.00
<b>T</b>	Early Birds 7.00 - 8.55	Aqua Zumba 9.00 - 9.45	Baby Lessons 9.45 - 11.15	Private Use 11.20 - 12.20	Adult Lanes and Parents & U8's 12.30 - 1.55 <small>(except 2nd February)</small>	Private Use 2.00 - 3.25	Junior Lessons 3.30 - 6.30	Floats Fun 6.30 - 7.55		Adult Lanes 8.00 - 8.55	
<b>F</b>	Early Birds 7.00 - 8.55	Private Use 9.00 - 10.15		Public Swim + 1 Lane 10.30 - 12.10	Adult Lanes and Parents & Under 8's 12.15 - 1.55	Aquafit 2.00 - 2.50	Junior Lessons 3.00 - 6.30	Floats Fun + 1 Lane 6.30 - 7.55		Adult Lanes 8.00 - 8.55	
<b>S</b>	Swimming Club 7.00 - 8.00	Early Birds 8.00 - 8.55	Junior Lessons 9.00 - 1.00		Floats Fun + 1 Lane 1.00 - 4.55			Party Hire 5.00 - 5.50	Party Hire 6.00 - 6.50	Party Hire 7.00 - 7.50	Party Hire 8.00 - 8.50
<b>S</b>	Sunday Swim <small>(includes a small inflatable in the pool)</small> 8.00 - 11.55				Swimming Club 12.00 - 2.00	Inflatable Fun 2.15 - 4.45		Party Hire 5.00 - 5.50	Party Hire 6.00 - 6.50	Disabled & 40+ Swim 7.00 - 7.55	

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

<b>M</b>	Early Birds 7.00 - 8.55	Swim Crash Courses 9.00 - 10.00	Public Swim 10.00 - 11.55	Dr Croc's Holiday Club 12.00 - 12.55	Adult Lanes and Parents & Under 8's 1.00 - 1.55	Floats Fun 2.00 - 3.25	Junior Lessons 3.30 - 6.30	Public Swim + 1 Lane 6.30 - 8.10	Aquafit 8.15 - 9.05	Adult Lanes 9.05 - 10.05	
<b>T</b>	Early Birds 7.00 - 8.55	Swim Crash Courses 9.00 - 10.00	Public Swim 10.00 - 11.55	Dr Croc's Holiday Club 12.00 - 12.55	Adult Lanes and Parents & Under 8's 1.00 - 1.55	Inflatable Fun 2.15 - 4.45	Junior Lessons 5.00 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Swimming Club 7.00 - 10.15		
<b>W</b>	Early Birds 7.00 - 8.55	Swim Crash Courses 9.00 - 10.00	Public Swim 10.00 - 11.55	Dr Croc's Holiday Club 12.00 - 12.55	Adult Lanes and Parents & Under 8's 1.00 - 1.55	Floats Fun 2.00 - 3.25	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 6.55	Swimming Club 7.00 - 8.00	Aquafit 8.05 - 8.55	Staff Training 9.00 - 10.00
<b>T</b>	Early Birds 7.00 - 8.55	Swim Crash Courses 9.00 - 10.00	Public Swim 10.00 - 11.55	Dr Croc's Holiday Club 12.00 - 12.55	Adult Lanes and Parents & Under 8's 1.00 - 1.55	Floats Fun 2.00 - 3.55	Junior Lessons 4.00 - 6.30	Floats Fun 6.30 - 7.55		Adult Lanes 8.00 - 8.55	
<b>F</b>	Early Birds 7.00 - 8.55	Swim Crash Courses 9.00 - 10.00	Public Swim 10.00 - 11.55	Dr Croc's Holiday Club 12.00 - 12.55	Adult Lanes and Parents & Under 8's 1.00 - 1.55	Floats Fun 2.00 - 3.25	Junior Lessons 3.30 - 6.30	Floats Fun + 1 Lane 6.30 - 7.55		Adult Lanes 8.00 - 8.55	
<b>S</b>	Swimming Club 7.00 - 8.00	Early Birds 8.00 - 8.55	Junior Lessons 9.00 - 1.00		Floats Fun + 1 Lane 1.00 - 4.55			Party Hire 5.00 - 5.50	Party Hire 6.00 - 6.50	Party Hire 7.00 - 7.50	Party Hire 8.00 - 8.50
<b>S</b>	Sunday Swim <small>(includes a small inflatable in the pool)</small> 8.00 - 11.55				Swimming Club 12.00 - 2.00	Inflatable Fun 2.15 - 4.45		Party Hire 5.00 - 5.50	Party Hire 6.00 - 6.50	Disabled & 40+ Swim 7.00 - 7.55	

## 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.

### 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.

### 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.

### Disabled & 40+ Swim

A relaxed session for 40+ years and disabled swimmers (carers aged 16+ swim for free).

### 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 for all with an inflatable in the water.

### Mums 2 Be Swim

A gentle swim in the pool for expectant and new mothers with a midwife visiting when available at no additional cost.

### Parents & Under 5's and Parents and 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. Choose either a Floats Fun or Inflatable Fun party. Early booking advised.

### Public Swim

Public swimming sessions for all ages.

### Sunday Swim

Sunday swim open to all. Small inflatable suitable for children available until 10am when a lane will be added for those wanting to swim lengths.

## Swimming Lessons

One Leisure offers a diverse range of lessons from the absolute beginner to the more confident swimmer. Our qualified teaching staff ensure that everyone gains confidence, develops technique and enjoys swimming.

### 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.

### 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.

### 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.
- 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.
- To use the lockers you must leave your membership card or a £1 coin as deposit. If you do not return your locker key you will be charged a £10 replacement fee.
- 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

