

# Glossop Pool Timetable 2010 Summer Holidays



DCL25342

## Monday

10.00am – 1.00pm	Public Swimming
1.00pm – 2.00pm	Adult Only Swim
2.00pm – 2.45pm	Waterbabies
2.45pm – 3.30pm	Quiet Swim
3.30pm – 7.00pm	Public Swimming
7.00pm – 7.30pm	Water Workout
7.30pm – 8.00pm	Water Workout
8.00pm – 8.45pm	Women's Only Swim
8.45pm – 9.30pm	Lane Swim

## Tuesday

6.30am – 10.00am	Earlybird Swim (lengths only)
10.00am – 1.00pm	Public Swimming
1.00pm – 2.00pm	Adult Only Swim
2.00pm – 2.45pm	Water Workout
2.45pm – 3.30pm	Active 4 Life Swim
3.30pm – 8.00pm	Public Swimming

## Wednesday

6.30am – 9.00am	Earlybird Swim
10.00am – 11.00am	Water Workout
11.00am – 1.00pm	Public Swimming
1.00pm – 2.00pm	Adult Only Swim
2.00pm – 2.45pm	Women's Only Swim
2.45pm – 3.30pm	Quiet Swim
3.30pm – 7.30pm	Public Swimming

## Thursday

6.30am – 9.00am	Earlybird Swim (lengths only)
10.00am – 1.00pm	Public Swimming
1.00pm – 2.00pm	Adult Only Swim
2.00pm – 2.45pm	Waterbabies
2.45pm – 3.30pm	Active 4 Life Swim
3.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Lane Swim
8.00pm – 8.45pm	Women's Only Swim

## Friday

9.00am – 10.00am	Family Fun Swim
10.00am – 11.00am	Water Workout
11.00am – 2.00pm	Public Swimming
2.00pm – 2.45pm	Lane Swim
2.45pm – 3.30pm	Active 4 Life Swim
3.30pm – 7.15pm	Public Swimming

## Saturday

7.30am – 9.00am	Lane Swim
9.00am – 11.00am	Public Swimming

## Sunday

7.30am – 9.00am	Lane Swim
9.00am – 1.45pm	Public Swimming

Please note that the shallow end is roped off for swimming lessons during public swimming at:

- 4.00pm – 5.30pm Monday – Thursday
- 4.00pm – 6.30pm on Friday
- 9.00am – 11.00am on Saturday

Timetable available in large format. Contact reception for details.

Activities are subject to change and availability, please check with reception prior to your visit.

Please ask at reception for prices

## SWIMMING GUIDELINES

### Lane Swim

Open to all swimmers.

### Public Swimming

Open to swimmers of all abilities.

### Women's Only

Open to women aged 16 years and over.

### Early Bird Swims

For those who enjoy a swim before breakfast or work.

### Active 4 Life Swim

An exclusive session for over 50's

### Waterbabies

A fun session for families with younger children with floats and toys available in the pool. Recommended for children aged up to 5 years.

### Quiet Swim

Open to swimmers with permanent or temporary mobility impairments only. Widths only.

### Water Workout

A safe and effective form of exercise, which can be enjoyed by people of all ages, whatever level of fitness.

### Family Fun Swim

Swimming for all the family to enjoy – free to children

### Swim Supervision Policy

Children under 8 years old must be accompanied by a parent/guardian 18 years or over in the pool and changing areas. A ratio of no more than 3 children per adult is allowed in the water

### Summer Activities for children

A separate school holiday swimming programme will be issued. See separate leaflet for details.

### Free Swimming

All Full kinetika gym members can enjoy free swimming during selected sessions. Contact a Customer Advisor at New Mills Leisure Centre or Glossop Leisure Centre for further details.

### Free Swimming available for those aged 60 & over and 16 & under

Scheme only available until 31 July 2010 inclusive.

### Swimming Memberships available on monthly direct debit or advanced payment

Ask at receptions for more details