

SWIMMING & SPORTS HALL INFORMATION

The swimming pool and sports hall timetable accommodates a variety of sessions enabling pupils and members to make the best use of the facilities. The timetable is published at the beginning/end of each term. We regret that school use takes priority.

Please pop into the Club or log on to www.ucsactive.org.uk to check for any timetable changes.

POOL RULES

For the safety and comfort of all swimmers please adhere to all instructions from the lifeguards and the notices around the pool.

Children under 11 years must be supervised on the poolside or in the water. All non-swimmers must be accompanied by an adult in the water.

When choosing the lanes choose a lane suitable for your speed and follow the direction signs. If you enter a lane already occupied by a swimmer, please be courteous and make your presence known in a safe manner.

MEMBERS & GUESTS SWIMMING

During the Members & Guests Swimming sessions the pool is divided into lanes – 2 lanes for Members & Guests Swimming and 1 lane for Family Swimming.

ADULTS ONLY SESSIONS

These sessions give adult members the opportunity to swim and relax in a child free environment.

FAMILY SPLASH ZONE

Lane ropes out and happy splashing for children and adults alike. Please remember to bring your membership card and £1 coin for the lockers (refundable).

AQUA AEROBICS

During Aqua Aerobic sessions 2/3 of the swimming pool are reserved for Aqua Aerobics only, with restricted lane swimming for the remainder of the pool.

SWIMMING LESSONS

To maintain flexibility, individual members' swimming lessons are not included on the timetable. They usually take place in the slow lane. Please check with the swimming instructor before joining the lane.

CAR PARK

At certain times car parking will be restricted due to school events.

TIMETABLE ADJUSTMENTS

As a dual purpose facility, our opening hours do vary and our timetables and programmes tend to change regularly.

OPENING HOURS 2012

WEDS 11 JAN – FRI 10 FEB

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

MON 13 FEB – FRI 17 FEB

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

MON 20 FEB – FRI 30 MARCH

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

MON 1 APRIL – WEDS 18 APRIL

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

THURS 19 APRIL – FRI 1 JUNE

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

MON 4 JUNE – FRI 8 JUNE

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

MON 11 JUNE – TUES 3 JULY

Monday - Friday: 6pm – 10pm / Weekends: 9am – 8pm

WEDS 4 JULY – FRI 31 AUG

Monday - Friday: 9am – 10pm / Weekends: 9am – 8pm

**DON'T MISS OUT! BOOK A CLASS ONLINE
AT WWW.UCSACTIVE.ORG.UK**

SWIMMING POOL & SPORTS HALL TIMETABLE

9 JANUARY –
1 APRIL 2012



EVENING PROGRAMME

MONDAY TO FRIDAY

Fitness Suite open to members over 16 years old and guests.

| | 6PM | 6.30PM | 7PM | 7.30PM | 8PM | 8.30PM | 9PM | 9.30PM | 10PM | |
|------------------|---------------|--|-----------------------------|--------------------------------|---|--|--------------------------------------|-----------------------------------|------|--|
| MONDAY | SPORTS HALL | Senior Aerobics & Stretch (over 55yrs) 6.15pm - 6.45pm | Active Stretch 6.45pm - 7pm | Express Abs 7pm - 7.15pm | Adults Only Members Badminton 7.30pm - 9.45pm | | | | | |
| | SWIMMING POOL | Members & Guests Swimming** 6pm - 7.30pm | | | Adults Only Swimming 7.30pm - 9.45pm | | | | | |
| TUESDAY | SPORTS HALL | Sports Hall Hire 6pm - 7pm | | Boot Camp Circuit 7pm - 7.45pm | | External Netball Hire 7.45pm - 9.45pm | | | | |
| | SWIMMING POOL | Members & Guests Swimming** 6pm - 7.30pm | | | Adults Only Swimming 7.30pm - 9.45pm | | | | | |
| WEDNESDAY | SPORTS HALL | | Core Stability 6.30pm - 7pm | Boxercise 7pm - 8pm | | UCS Active Members Football 8pm - 9pm | | External Football Hire 9pm - 10pm | | |
| | SWIMMING POOL | Members & Guests Swimming** 6pm - 7.30pm | | Aqua Aerobics 7pm - 7.45pm | | Adults Only Swimming 7.30pm - 9.45pm | | | | |
| THURSDAY | SPORTS HALL | Senior Aerobics (over 55yrs) 6.15pm - 6.45pm | Pilates 6.45pm - 7.35pm | | | External Basketball Hire 7.45pm - 9.45pm | | | | |
| | SWIMMING POOL | Members & Guests Swimming** 6pm - 7.30pm | | | Adv Swim Grp 7.45pm - 8.30pm | | Adults Only Swimming 7.30pm - 9.45pm | | | |
| FRIDAY | SPORTS HALL | Sports Hall Hire 6pm - 10pm | | | | | | | | |
| | SWIMMING POOL | Members & Guests Swimming** 6pm - 7.30pm | | | Adults Only Swimming 7.30pm - 9.45pm | | | | | |

WEEKEND PROGRAMME

| | 9AM | 10AM | 11AM | 12PM | 1PM | 2PM | 3PM | 4PM | 5PM | 6PM | 7PM | 8PM |
|-----------------|---------------|--|--|--|----------------------------|--------------------------------|---|------------------------------|-----|-------------------------------------|------------------------------------|-----|
| SATURDAY | SPORTS HALL | Kids Active Football + (5-8yrs) 9am - 10am | Kids Active Football + (9-12yrs) 10am - 11am | Kids Active Capoeira (5-10yrs) 11am - 12pm | Basketball Hire 12pm - 6pm | | | | | | Basketball Hire 6:15pm - 7:15pm | |
| | SWIMMING POOL | Members & Guests Swimming** 9am - 12pm | | | Aqua Aerobics 12pm - 1pm | Adults Only Swimming 1pm - 2pm | Family Splash Zone 2pm - 6pm | | | | Adults Only Swimming 6pm - 7.45pm | |
| SUNDAY | SPORTS HALL | Soccer Academies 9am - 11am | | Kids Active Pilates 11am - 12pm | Basketball Hire 12pm - 2pm | | Family Badminton & Table Tennis 2pm - 5pm | | | External Football Hire 5.30pm - 7pm | External Basketball Hire 7pm - 8pm | |
| | SWIMMING POOL | Members & Guests Swimming** 9am - 1pm | | | Swimming Lessons 9am - 1pm | | Adults Only Swimming 1pm - 2pm | Family Splash Zone 2pm - 6pm | | | Adults Only Swimming 6pm - 7.45pm | |

** Pool divided into lanes – 2 lanes for Members & Guests Swimming and 1 lane for Family Swimming. + Booking required.