

SOUTHWELL LEISURE CENTRE - SWIMMING

The whistle will be blown 5mins before the end of session

MAIN POOL

Mondays

7am - 9am	Lane Swim
9.30am - 10.30am	Adult Lessons
11.30am - 12.30pm	Lane Swim
12.30pm - 1.15pm	Aqua Fit
1.15pm - 2pm	50+ Swim
2pm - 4pm	Public Swim
6.45pm - 8pm	Public Swim
8pm - 9.30pm	Lane Swim

Tuesdays

10am - 11am	Lane Swim
12.15pm - 1.15pm	Lane Swim
2pm - 4pm	Float Fun

Wednesdays

7am - 9am	Lane Swim
10am - 11am	2 Lane Swim
12.15pm - 1.15pm	Lane Swim
1.15pm - 2pm	50+ Swim
2pm - 4pm	Float Fun
6pm - 7pm	Fun Swim (8-13 years)
8.15pm - 9pm	Adult Lessons
9pm - 10pm	Lane Swim

TEACHING POOL

Mondays

12 noon - 1pm	Public Swim
2pm - 4pm	Public Swim
7pm - 8pm	Public Swim

Tuesdays

12 noon - 1pm	Public Swim
2.30pm - 4pm	Float Fun

Wednesdays

12 noon - 1pm	Public Swim
3.30pm - 4pm	Float Fun
8.30pm - 9.15pm	Aqua Aerobics

Thursdays

12 noon - 1pm	Public Swim
3pm - 4pm	Float Fun
6.45pm - 7.45pm	Public Swim

Thursdays

7am - 8am	2 Lane Swim
11.30am - 12.15pm	Aqua Aerobics
12.20pm - 1.20pm	Lane Swim
2pm - 4pm	Float Fun
6.15pm - 6.45pm	Rookies
6.45pm - 8pm	Lane Swim

Fridays

7am - 9am	Lane Swim
10am - 11am	Lane Swim
12 noon - 1.15pm	Lane Swim
1.15pm - 2pm	50+ Swim
2pm - 4pm	Public Swim
5.20pm - 6pm	Lane Swim
6.15pm - 7.15pm	Fun Swim (8-13 years)
7.30pm - 8.30pm	Lane Swim

Saturdays

12.30pm - 1.30pm	Lane Swim
2pm - 4pm	Public Swim
5.30pm - 6.30pm	Available for Hire

Sundays

8.15am - 9.15am	Public Swim
9.15am - 10am	Founders/Disabled
10am - 12 noon	Family Swim
12.15pm - 2.30pm	Available for Hire
2.30pm - 4.30pm	Public Swim
7.30pm - 8pm	Ladies Only Lane
8pm - 9pm	Lane Swim

Fridays

2pm - 4pm	Public Swim
6.15pm - 7.30pm	Fun Swim (Under 8's)

Saturdays

2pm - 4pm	Public Swim
-----------	-------------

Sundays

9.15am - 10am	Founders/Disabled
10am - 12 noon	Family Swim
12.15pm - 2.30pm	Available for Hire
2.30pm - 4.30pm	Public Swim



holiday timetable



**Southwell
Leisure Centre**
Nottingham Road
Southwell
NG25 0LG

Tel: 01636 813000
southwell@nsdc.info
www.southwelleisure.co.uk

Mon 13 Feb - Sun 19 Feb 2012 AND Mon 2 Apr - Sun 15 Apr 2012
Closed on Fri 6 AND Mon 9 Apr 2012

SOUTHWELL LEISURE CENTRE - HOLIDAY ACTIVITIES

Mon 13th Feb – Sun 19th Feb 2012
Activities must be booked

Mon 2nd April – Sun 15th April 2012
Centre Closed Fri 6th & Mon 9th April 2012
Activities must be booked

WETSIDSE SESSIONS

SPLASH - Main Pool
Snorkelling, canoeing & water polo
8-11 years

SNORKELLING – Teaching Pool
Learning the basics
5-7 years

DISTANCE SWIM
Come & swim that distance
Badge you've always
Wanted to gain
8-13 years



****FUN SWIM** – Main Pool
Large inflatable run
Every Wednesday 6pm-7pm
Every Friday 6.15pm-7.15pm



DRYSIDE SESSIONS

CREATIVE CRAFTS
Lots to make, do, cook & take home
5-12 years

MIXED SPORTS
A variety of sports to participate in & have fun
5-7 years

FENCING
Learn the basic techniques
8-15 years



SQUASH
Techniques, rules & games
6-11 years

FREE RUNNING
A form of urban acrobatics to
perform tricking & street moves

POOL PIRATES – Teaching Pool
Fun & Games with Captain Marilyn
5-7 years

MINI WATER OLYMPICS – Main Pool
Inflatable & games to enjoy & have fun
8-13 years

SEA SCOOTERS
Fun & exciting way to move either
on top or underneath the water
8+ years
Must have gained Angel Fish 3 badge

****FLOATS & TOYS**
in the Teaching Pool
Every Friday 6.15-7.30pm
Under 8's

DANCING
Learn new skills & bust out some moves
8-15 years

MULTI SPORTS
To develop agility, balance & co-ordination
5-9 years

HORSE RIDING
Tour round the stables, 1 hour
riding & 1 hour grooming
6+ years

PEDAL GO KARTING
Wacky races & lots of fun
5-8yrs

JUNIOR ZUMBA
Exercise class which is fun to
shake& move with the music

SOUTHWELL LEISURE CENTRE - HOLIDAY ACTIVITIES

DAY ACTIVITIES

Registration/Sporting activities
Arts & Crafts
Swimming/Signing out
8.30am-4pm
8-12 years
Pack lunch & swimming kit required



UNDER 5 ACTIVITIES

GYMNASTICS
Fundamental movement
for early years
3-5 years

TRAMPOLINE
Balance & co-ordination
for early years
3-5 years

ARTS & CRAFTS
Make, do & have fun
3-5 years

* =Not covered by Xperience ** = Not a bookable activity

TERMS & CONDITIONS

Children Under 8 years of age attending the activities MUST have a responsible parent/carer (16+yrs) stay within the Centre while activities take place.

Some activities may take place outside so please bring your child with relevant clothing, protection & plenty to drink. If you wish your children to walk home unsupervised, please send in a letter stating this along with an emergency contact number.

All activities need to be booked & paid for at reception either in person or by telephone using Switch & most credit cards. £5 minimum. Refunds only issued in respect of medical conditions. 7 days notice of cancellation required. Failure to comply will result in the full charge being made. Xperience members will be charged the cost of the activity if booked activities are not attended.

All details are believed to be correct at the time of going to press but events and activities are subject to amendment and some changes may subsequently have been made.

Participants Code of Conduct

- NO bullying or fighting
- NO foul and abusive language
- Always play fair and by the rules
- Listen to and follow instructions from staff
- **Do Not** leave the activity areas without permission from a member of staff
- **Do Not** wear jewellery or bring mobile telephones
- Respect other people, the facilities and the equipment

If these points are followed everyone should enjoy themselves