



**Chesterton
Sports Centre**

Pool Timetable Term Time

From January 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am	Early Birds		Early Birds		Early Birds		Early Birds
9am			50+ Swim			Early Birds	Early Birds
10am	Bumpercise and Aquatots	Chesterton Community College	Bumpercise and Aquatots	Bumpercise and Aquatots	Chesterton Community College	Swimming Lessons	Fun Splash
11am							
12noon	Lunchtime Adult Swim		Lunchtime Adult Swim	Lunchtime Adult Swim	Lunchtime Adult Swim		Public Swim
1pm	Bumpercise & Aquatots	Disabled Swim	Lunchtime Adult Swim			Public Swim	Party Booking
2pm	C S	Chesterton Community College	Forever Active Aqua (2.00-2.45)	50+ Swim	Chesterton Community College		Party Booking
3pm	Forever Active Aqua (2.30-3.15)		GP Referral (2.45-3.30)	Parkinson's Group	Lifeguard Training	Party Booking	Party Booking
4pm	Swimming Lessons		Swimming Lessons	Swimming Lessons		Party Booking	CDKSC Lessons
5pm		Swimming Lessons			Swimming Lessons	Adult Ladies Only	Swimming Lessons
6pm	Public Swim		Aqua Natal	Public Swim			
7pm	Aqua Aerobics	Aqua Zumba			Synchronised Swimming Adults (6.45-7.30)		
8pm			Adult Lessons	Sub-Aqua Club	Public Swim		
9pm	Private Hire	Public Swim	Lanes / Swim Fit	Public Swim	Adults Only		
10pm							

Everyone welcome	Adults 16+ only	10-week course	Booking required
Private booking	Target swim	Book your child's party	Ideal for kids

Holiday timetables will be released no later than two weeks before each holiday. Please see reception or our website for these timetables.

Swimming Information

The sessions explained

Early Birds/Lane Swim: This is a lanes session to kick start your day! This session is for over 16's only.

Public Swim: Our public sessions are open to all. A lane can be provided.

50+: A chance for a gentle swim and a chat. This session is restricted to those over 50.

Adult Lunchtime Swim: These sessions are for lane swimming.

Swimming Lessons: We offer swimming lessons for children from 3½ right up to adults.

Aqua: A water workout class for all levels. This class is a great way to have a workout without putting strain on your joints.

Forever Active Aqua Aerobics: This water workout is designed specifically for the over 50's, please book to avoid disappointment.

Disabled Swim: A quiet session for those with a disability.

Adults/Ladies Only: Do you fancy a swim without the kids about, then this is the session for you!

Fun Splash: A great way to have fun in the pool with our selection of raft floats and balls.

Party Booking: See our main leaflet for information about our parties.

Our Swim Clubs

CDKSC: The Cambridge Disabled Kids Swimming Club offers lessons for disabled children, see our website or reception for more information.

Sub-Aqua Club: A chance to learn to scuba-dive with the Cambridge Dive Club, see our website or reception for more information.

Exercise Referral Aqua Aerobics: This session is only open to people on the start-up Scheme.

Parkinson's Group Swim: This session is run through Cambridge Parkinson's Group, see our website or reception for more information.

Toddler Swimming Lessons and Aqua Natal: These lessons are run through Sarah Allen, see our website or reception for more information.

Pool Rules

- 1 Don't practice acrobatics or gymnastics
- 2 No diving below 1.5m
- 3 Don't duck/bob people under the water
- 4 Respect others by not shouting
- 5 No bombing
- 6 Please do not run on poolside
- 7 Don't push
- 8 Look before you dive
- 9 Please shower before you swim
- 10 No non-swimmers in the deep end
- 11 Bags are not permitted on poolside
- 12 Toys are only permitted during Fun Splash

Please obey these important rules for your own safety, and respect other pool users.

Please note

- ◆ Under 8's must be accompanied by a parent or a guardian over 18 years.
- ◆ Only two children under 8 per adult.
- ◆ Chesterton Sports Centre reserves the right to alter this programme at any time.

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