

Pool Timetable

Early Bird • Parent & Toddler • Fun Sessions
Float Sessions and much more



FROME LEISURE CENTRE

Princess Anne Road, Frome, Somerset BA11 2SA

(01373) 465446

www.avalonleisure.co.uk



Main Pool School Term Timetable

Monday 19th April 2010 - Sunday 31st May 2010
 Monday 7th June 2010 - Sunday 25th July 2010

Please note: Bank Holidays on the following days:
 Monday 3rd May 2010 and
 Monday 31st May 2010

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm	
Monday	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons		Public Swim		Adult Lessons					
	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons		Lane Swim (Adults Only)	Public Swim		Frome Swimming Club	Pool Closed			
Tuesday	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons		Public Swim		AquaFit		Staff Training			
	School's Lessons	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons	50+ & Disabled	School's Lessons	Public Swim		Lane Swim (Adults Only)	Polo Team		
Wednesday	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons		Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed	
	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons		Public Swim	School's Lessons	Children's Lessons	Public Swim		Lane Swim (Adults Only)		Pool Closed
Thursday	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons		Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed	
	2 x Lanes	School's Lessons				Lunch Time Swim		School's Lessons		Public Swim		Children's Lessons	Public Swim		Lane Swim (Adults Only)		Pool Closed
Friday	Early Bird Swim	School's Lessons				Lunch Time Swim		School's Lessons		Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed	
	Frome Swim Club	Children's Lessons	Public Swim		Float Session	Public Swim		The Eliminator	Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed		
Saturday	Frome Swim Club	Children's Lessons	Public Swim		Float Session	Public Swim		The Eliminator	Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed		
	Pool Closed	Children's Lessons	Public Swim		Float Session	Public Swim		The Eliminator	Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed		
Sunday	Pool Closed	Early Bird Swim	Public Swim		Float Session	Public Swim		The Eliminator	Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed		
	Pool Closed	Early Bird Swim	Public Swim		Float Session	Public Swim		The Eliminator	Public Swim		Public Swim		Lane Swim (Adults Only)		Pool Closed		

- denotes public swimming times.
- denotes special public sessions: (whole pool or a section of the pool).
- denotes pool not available to the general public.

- Early Bird swim - Sections of the Main Pool for Lane Swimming only.
- Sessions may be introduced or cancelled dependent upon demand.
- During busy periods, customers will be guaranteed a minimum of one hour in the pool.
- Management reserves the right to change the programme as required.

Teaching Pool School Term Timetable

Please note: Bank Holidays on the following days:

Monday 19th April 2010 - Sunday 31st May 2010
 Monday 7th June 2010 - Sunday 25th July 2010

Monday 3rd May 2010 and
 Monday 31st May 2010

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm
Monday	Pool Closed	School's Lessons	School's Lessons	Parents & Toddler	School's Lessons	Children's Lessons	Public Swim	Public Swim	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Public Swim	Public Swim	Public Swim	Pool Closed
Tuesday	Pool Closed	School's Lessons	School's Lessons	Parents & Toddler	School's Lessons	School's Lessons	Frome Swimming Club	Frome Swimming Club	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Frome Swimming Club	Frome Swimming Club	Frome Swimming Club	Pool Closed
Wednesday	Pool Closed	School's Lessons	School's Lessons	Water Confidence	School's Lessons	School's Lessons	School's Lessons	School's Lessons	School's Lessons	50+ & Disabled	School's Lessons	Children's Lessons	Public Swim	Public Swim	Public Swim	Staff Training
Thursday	Pool Closed	School's Lessons	School's Lessons	Children's Lessons	School's Lessons	School's Lessons	Children's Lessons	School's Lessons	School's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Public Swim	Public Swim	Public Swim	Pool Closed
Friday	Pool Closed	School's Lessons	School's Lessons	Parents & Toddler	School's Lessons	School's Lessons	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Frome Canoe Club
Saturday	Pool Closed	Frome Swimming Club	Children's Lessons	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Available for Private Hire and Parties
Sunday	Pool closed	Parent & toddler	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Available for Private Hire and Parties

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Main Pool School Holiday Timetable (with Children's Lessons)

Monday 5th April 2010 - Sunday 18th April 2010

Monday 31st May 2010 - Sunday 6th June 2010

Please note: One lane may be required from 9.00am - 9.30am for children's swimming lessons

Please note: Bank Holiday on the following day:

Monday 5th April 2010 and

Monday 31st May 2010

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm
Monday	Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Adult Lessons	Adults Only
	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Lane Swim (Adults Only)	Frome Swimming Club	Frome Swimming Club / Polo	Frome Canoe Club	Pool Closed	
Tuesday	Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Staff Training
	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Wednesday	School Lessons	Early Bird Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Thursday	Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	The Eliminator	Public Swim	Public Swim	Children's Lessons	Public Swim	Public Swim	Lane Swim (Adults Only)	Public Swim	Polo Team
	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Friday	2 x Lanes	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Children's Lessons	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Saturday	Pool Closed	Frome Swim Club	Children's Lessons	Public Swim	Float Session	Public Swim	Public Swim	The Eliminator	Public Swim	Public Swim	Public Swim	Available for Private Hire and Parties	Available for Private Hire and Parties	Frome Canoe Club	Public Swim	Closed
	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Sunday	Pool Closed	Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	The Eliminator	Public Swim	Public Swim	Lane Swim (Adults Only)	Frome Swim Club / Polo	Frome Swim Club / Polo	Public Swim	Public Swim	Closed
	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim

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• During busy periods, customers will be guaranteed a minimum of one hour in the pool.

• Management reserves the right to change the programme as required.

Teaching Pool School Holiday Timetable (with Children's Lessons)

Monday 5th April 2010 - Sunday 18th April 2010
 Monday 3^{1st} May 2010 - Sunday 6th June 2010

Please note: Bank Holiday on the following day:
 Monday 5th April 2010 and
 Monday 31st May 2010

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm
Monday	Pool Closed	Swimming Crash Courses	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Children's Lessons	Children's Lessons	Public Swim	Public Swim	Public Swim	Public Swim	Pool Closed
Tuesday	Pool Closed	Swimming Crash Courses	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Children's Lessons	Children's Lessons	Frome Swimming Club	Frome Swimming Club	Frome Swimming Club	Frome Swimming Club	Pool Closed
Wednesday	Pool Closed	Swimming Crash Courses	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Children's Lessons	Children's Lessons	Children's Lessons	Public Swim	Public Swim	Staff Training	Pool Closed
Thursday	Pool Closed	Swimming Crash Courses	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Children's Lessons	Children's Lessons	Children's Lessons	Public Swim	Public Swim	Closed	Closed
Friday	Pool Closed	Swimming Crash Courses	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Children's Lessons	Children's Lessons	Children's Lessons	Public Swim	Public Swim	Frome Canoe Club	Closed
Saturday	Pool Closed	Frome Swim Club	Children's Lessons	Children's Lessons	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Available for Private Hire and Parties	Available for Private Hire and Parties	Available for Private Hire and Parties	Closed	Closed
Sunday	Pool Closed	Parent & Toddler	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Frome Swim Club	Frome Swim Club	Frome Swim Club	Available for Private Hire and Parties	Available for Private Hire and Parties	Closed	Closed

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- Early Bird swim - Sections of the Main Pool for Lane Swimming only.
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Main Pool School Holiday Timetable

Monday 26th July 2010 - Sunday 5th September 2010

Please note: One lane may be required from 9.00am - 9.30am for children's swimming lessons

Please note: Bank Holiday
on the following day:
Monday 30th August 2010

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm
Monday	Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Adults Only	
		Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	The Eliminator	Public Swim	Lane Swim (Adults Only)	Frome Swimming Club	Frome Swimming Club / Polo	Frome Swimming Club / Polo	Pool Closed		
Tuesday	Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Staff Training
		Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	The Eliminator	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Aquafit
Wednesday	School Lessons	Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Lane Swim (Adults Only)
		Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	The Eliminator	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Thursday	Early Bird Swim	Public Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
		Early Bird Swim	Public Swim	Public Swim	Float Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Friday	2 x Lanes	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
	Early Bird Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Available for Private Hire
Saturday	Pool Closed	Frome Swim Club	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
	Pool Closed	Frome Swim Club	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
Sunday	Pool Closed	Early Bird Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
	Pool Closed	Early Bird Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim

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- Early Bird swim - Sections of the Main Pool for Lane Swimming only.
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- During busy periods, customers will be guaranteed a minimum of one hour in the pool.
- Management reserves the right to change the programme as required.

Session Descriptions

Early Bird Swim

If you are an early riser, this session is just for you.

Public Swim

This session is open to everyone. Lanes will be available as advertised or at the discretion of the Management Team.

Fun Session

Come and have fun on our Funky Floats or on our brand new inflatable, The Eliminator!
(Please note: weak swimmers should be accompanied by an adult).

Lane Swim (Adults Only)

For adults of any ability. The pool is divided into three lanes: Fast, Medium and Slow.

Lunch Time Swim

The ideal session to have a swim during your lunch break. *(Lanes may be available on request).*

Lunch time swimming may at times be reduced to 40 minutes due to changes in Frome Community College Timetable. Please contact the Reception Team for confirmation of dates.

A discounted 40 minute price is available

Shallow Water Aquafit

Our water based aerobics class.

(The shallow end of the main pool will be roped off for this class during a public swimming session).

Parent and Toddler

The perfect session to introduce babies and toddlers to the world of water, your child can play and have fun with our range of small pool toys and floats. *(Lunch time sessions in term time only)*

Water Confidence

A friendly family session to develop children's water confidence. An ASA Qualified instructor will be in the water to give parents advice.

Adults Only

These sessions allow adult swimmers to enjoy an evening of swimming in a peaceful environment.

Pool Dimensions

Main Pool

25m x 12.5 x 0.9 to 2.0m

Teaching Pool

12.25m x 6m x 0.7m

Price list

Adult	£3.50
Adult (10% Access to Leisure card holder)	£3.15
Adult (25% Access to Leisure card holder)	£2.65
Child (Under 16 years)	£1.90
Children under 5	Free
Family (2 Adults, 2 Children)	£9.70
Senior Citizen	£3.00
Senior Citizen (Access to Leisure card holder)	£2.70
Student (Access to Leisure card holder)	£3.15
Water Confidence	£2.55
Aquafit	£4.75

Toys and floats will be available for children to play with in the Teaching Pool during public swimming times.

Exceptional Centre Opening Hours

Christmas Eve	: 7.00am - 12.00pm
Christmas Day	: Closed
Boxing Day	: Closed
New Years Eve	: 7.00am - 12.00pm
New Years Day	: Closed
Bank Holiday	: 9.00am - 6.00pm

**Do you swim 3 times a week?
You could save some money!**

Avalon Lifestyle Membership entitles you to unlimited use of the Swimming Pool, Fitness Suite and Exercise Classes*

**Terms and Conditions apply*

Ask at Reception for more details.

Have **FUN** in our **QUALITY**
swimming lessons!



Call

today

for more info

- Learn to be safe and confident in the water
- Classes suitable for age 3 right up to adult
- Qualified Professional Teachers
- National Teaching Plan Lessons - Quality Assured Instruction
- Excellent Value for Money

Bookings being taken NOW at...

Frome Leisure Centre	Tel: 01373 465446
Wells Leisure Centre	Tel: 01749 670055
Strode Swimming Pool	Tel: 01458 443918

BRAND NEW

THE ELIMINATOR

Challenge your friends and family?
Who can complete it the quickest?
Who will fall the hardest?

Main Swimming Pool

Every Saturday & Sunday 2.00pm - 4.00pm



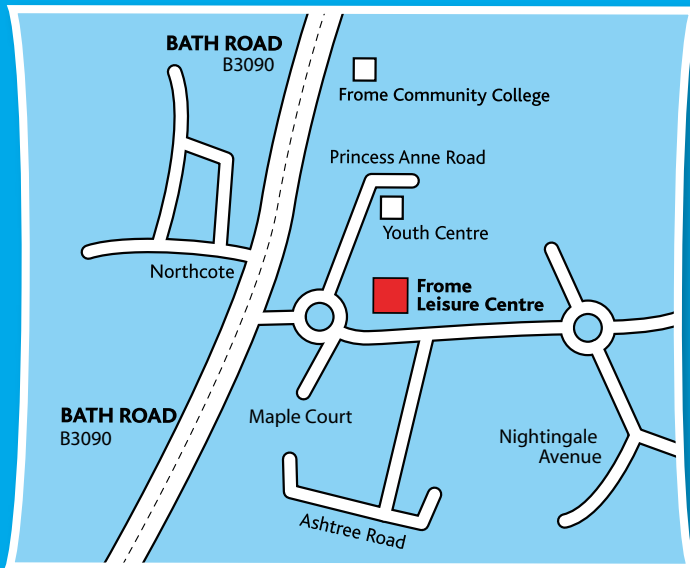
**Normal pool rules apply*

**School Holidays Tuesdays &
Thursdays 2.00pm - 3.30pm**

Avalon Leisure

recommend telephoning before visiting our centre,
to check that your desired activity is available
on **(01373) 465446**.

- Please call to enquire about other services and activities we offer.
- Please be aware that restrictions may apply to certain activities.
- The Management reserve the right to cancel or modify any services offered.
- All under eights must be accompanied by a person of over 16 years. Maximum of two under eights to every person of over 16 years.
- Any changes to the Pool Timetable will be advertised within the centre two weeks in advance.



www.avalonleisure.co.uk



INVESTOR IN PEOPLE



Avalon Leisure manage Frome Leisure Centre on behalf of
Western Community Leisure in partnership with Mendip District Council.