

Pool Timetable

Early Morning Swimming • Parent and Toddler
Fun Sessions • 50+ Sessions and much more!



STRODE SWIMMING POOL
Strode Road, Street, Somerset BA16 0AS
(01458) 443918
www.avalonleisure.co.uk



Welcome to Strode Swimming Pool

Strode Swimming Pool is a well established and popular local swimming pool.

Managed by Avalon Leisure, a leisure management company, in partnership with Mendip District Council, Strode Swimming Pool has won and is proud to hold prestigious awards such as QUEST and Investors in People.



Main pool

The main pool is a 6 lane, 33¹/₃ metre swimming pool making it the longest local authority swimming pool in the area.

The traditional rectangular design and depths of 1.1m to 3m makes the main pool ideal for swimmers of all ages and abilities.



Small pool

The teaching pool is a great location for introducing children to the world of swimming. Used predominantly for our pre-school and rising 5 swimming lessons.

The small pool is a great location for children's birthday parties with our small pool inflatable or for parents to enjoy the thrill of a child's first swim in a parent and toddler session.

Canoeing

Canoeing Class

Come and learn the skills you need in our
Canoeing groups

Improvers (8 years +)
Sunday 8.00pm - 8.45pm

Adults (16 years +)
Sunday 8.45pm - 9.30pm

For more information on courses please
speak to a member of the Reception Team.

www.avalonleisure.co.uk



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

Running: Monday 7th June 2010 - Sunday 25th July 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 Morning Swim Lanes		School Lessons	School Lessons			Deep Water Aquatic Lanes					Shallow Water Aquatic Lanes	Swimming Club	Adults Only		
Tuesday	Early Morning Swim Lanes		School Lessons	School Lessons			50+ / Disabled Lanes					Children's Lessons	Swimming Club	Adults Only Lanes		
Wednesday	Early Morning Swim Lanes		School Lessons	School Lessons			Shallow Water Aquatic Lanes					Children's Lessons		Adults Only		
Thursday	Early Morning Swim Lanes		School Lessons	School Lessons			Lanes					Children's Lessons	Sub Aqua Club	Adults Lessons		
Friday	Early Morning Swim Lanes		School Lessons	School Lessons			Shallow Water Aquatic Lanes	50+ / Disabled				Deep Water Aquatic Lanes	Swimming Club	Adults Only Lanes		
Saturday	Early Morning Swim Lanes		Children's Lessons					Fun session				Available for private hire and parties				
Sunday	Closed	Early Morning Swim Lanes					Closed Session Mallard Disabled Swim Club	Fun session				Swimming Club	Available for private hire	Canoeing Courses		

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

Running: Monday 7th June 2010 – Sunday 25th July 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	Not available to the general public		School Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Available for private hire
Tuesday	Not available to the general public		School Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Swimming Club
Wednesday	Not available to the general public		School Lessons	School Lessons	School Lessons	School Lessons	Water Confidence	Water Confidence	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Available for private hire
Thursday	Not available to the general public		School Lessons	School Lessons	School Lessons	School Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Fun Session	Fun Session	Fun Session	Adult Lessons
Friday	Not available to the general public		School Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Swimming Club	Swimming Club	Swimming Club	Available for private hire
Saturday	Not available to the general public	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Available for private hire and parties
Sunday	Not available to the general public			Closed Session Mallard Disabled Swim Club	Closed Session Mallard Disabled Swim Club	Closed Session Mallard Disabled Swim Club	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Swimming club	Swimming club	Swimming club	Available for private hire

- 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 Morning swim – 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.

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

Running: Monday 26th July 2010 - Sunday 1st 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 Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	Deep Water Aquafit	Closed											
Tuesday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	50+ / Disabled	Closed											
Wednesday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	Shallow Water Aquafit	Closed											
Thursday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	Fun Session		Children's Lessons		Sub Aqua	Adult Lessons	Closed						
Friday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	50+ / Disabled	Shallow Water Aquafit	Deep Water Aquafit	Swimming Club	Adults Only Lanes	Closed							
Saturday	Early Morning Swim Lanes	Children's Lessons	Available for Private Hire & Parties													
Sunday	Closed	Early Morning Swim Lanes	Closed Session Mallard Disabled Swim Club		Fun session	Swimming Club	Available for private hire	Canoeing Courses	Closed							

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

Running: Monday 26th July 2010 - Sunday 1st 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	Not available to the general public	Aqua Activity	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Swimming Club	Swimming Club	Swimming Club	Available for private hire	Available for private hire
Tuesday	Not available to the general public	Aqua Activity	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Children's Lessons	Swimming Club	Swimming Club	Swimming Club	Swimming Club
Wednesday	Not available to the general public	Aqua Activity	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Available for private hire	Available for private hire
Thursday	Not available to the general public	Aqua Activity	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Children's Lessons	Fun Session	Fun Session	Club Use	Adult Lessons
Friday	Not available to the general public	Aqua Activity	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Parent and Baby/Toddler	Parent and Baby/Toddler	Children's Lessons	Children's Lessons	Children's Lessons	Swimming Club	Swimming Club	Swimming Club	Swimming Club
Saturday	Not available to the general public	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Fun Session	Fun Session	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons
Sunday	Not available to the general public	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Fun Session	Fun Session	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons	Children's Lessons

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

Main Pool School Holiday Timetable (without Children's Lessons)

Running: Monday 2nd August 2010 - Sunday 29th 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 Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	Deep Water Aquafit		Lane						Shallow Water Aquafit	Swimming Club	Adults Only		
Tuesday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	50+/ Disabled		Lane		Fun Session					Swimming Club	Adults Only Lanes		
Wednesday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	Shallow Water Aquafit		Lane								Adults Only		
Thursday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity			Lane		Fun Session					Shallow Water Aquafit	Sub Aqua	Adult Lessons	
Friday	Early Morning Swim Lanes	Early Morning Swim Lanes	Aqua Activity	50+/ Disabled		Shallow Water Aquafit						Deep Water Aquafit	Swimming Club	Adults Only Lanes		
Saturday	Early Morning Swim Lanes	Early Morning Swim Lanes				Lane		Fun Session			Available for Private Hire & Parties					
Sunday	Closed	Early Morning Swim Lanes				Closed Session Mallard Disabled Swim Club		Fun Session			Swimming Club		Available for private hire	Canoing Course		

Teaching Pool School Holiday Timetable (without Children's Lessons)

Running: Monday 2nd August 2010 - Sunday 29th 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	Not available to the general public	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Parent and Baby/Toddler	Parent and Baby/Toddler	Parent and Baby/Toddler	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Available for private hire
Tuesday	Not available to the general public	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Parent and Baby/Toddler	Parent and Baby/Toddler	Parent and Baby/Toddler	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club
Wednesday	Not available to the general public	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Parent and Baby/Toddler	Parent and Baby/Toddler	Parent and Baby/Toddler	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club
Thursday	Not available to the general public	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Parent and Baby/Toddler	Parent and Baby/Toddler	Parent and Baby/Toddler	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club
Friday	Not available to the general public	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Aqua Activity	Parent and Baby/Toddler	Parent and Baby/Toddler	Parent and Baby/Toddler	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club	Swimming Club
Saturday	Not available to the general public	Not available to the general public	Not available to the general public	Not available to the general public	Not available to the general public	Not available to the general public	Not available to the general public	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Available for private hire
Sunday	Not available to the general public	Not available to the general public	Not available to the general public	Not available to the general public	Not available to the general public	Not available to the general public	Closed Session Mallard Disabled Swim Club	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Fun Session	Available for private hire

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- denotes pool not available to the general public.
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Session Descriptions

Early Morning Swim

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

General 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 inflatable fun session!

Shallow Water Aquafit

Our shallow end water based aerobics class.

Deep Water Aquafit

Experience the benefit of a low to non impact water based aerobics class. Pre-booking essential. 20 person limit.

Parent and Baby/Toddler

The perfect session to introduce babies and toddlers to the world of swimming. Your child can play and have fun with our range of small pool toys and floats.

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.

50 years + and Disabled

This integrated session is brilliant if you want to do some exercise in an environment where you can take things at your own pace.

Adults Only

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

Children's Canoeing (Improvers)

The session works on improving the skills developed in the beginner class, and introduces the more advanced movement and techniques still with emphasis on fun.

Sundays 8.00pm - 8.45pm 8 years + and competent swimmers. Contact reception for course dates and prices. Booking essential.

Adult Canoeing

From beginners to advanced our instructor can support and tutor all abilities. The course will teach different types of paddle techniques and entry and exits and rolls.

Sunday 8.45pm - 9.30pm.

16 years + and competent swimmer.

Contact reception for course dates and prices. Booking essential.

Price list

Adult	£3.50
Adult (Access to Leisure card holder)	£2.65
Water Confidence	£2.55
Family Swim (2 Adults 2 Children)	£9.70
Student (Access to Leisure card holder)	£3.15
Child (Under 16 years)	£1.90
Children under 5	Free
Senior Citizen	£3.00
Senior Citizen (Access to Leisure card holder)	£2.70
Aqua Fit	£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

Bank Holiday : 9.00am - 6.00pm

Christmas Eve : 7.00am - 12.00 noon

Christmas Day : Closed

Boxing Day : Closed

New Years Eve : 7.00am - 12.00 noon

New Years Day : Closed



**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*

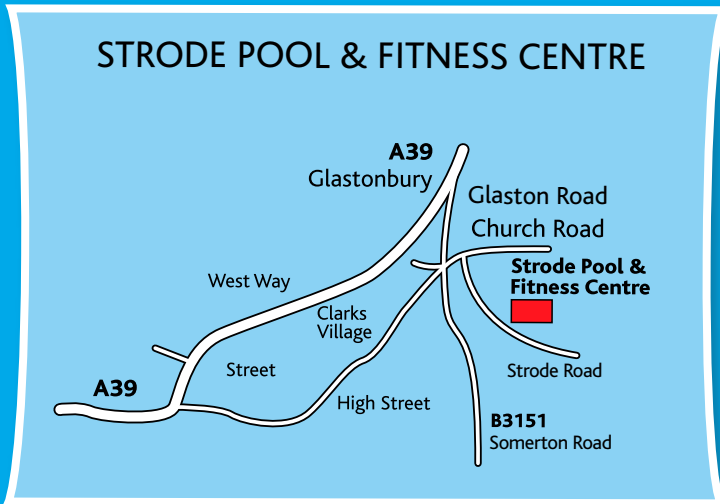
*(Terms and Conditions apply)

Ask at Reception for more details.

Avalon Leisure

recommend telephoning before visiting our Centre,
to check that your desired activity is available
on **(01458) 443918**

- 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 an adult of over sixteen years. Maximum of two under eights to one adult.



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