

Pool Timetable

Early Morning Swim • Fun Sessions
50+ Sessions and much more!



WELLS LEISURE CENTRE

Charter Way, Wells, Somerset, BA5 2FB

(01749) 670055

www.avalonleisure.co.uk



Session Descriptions

Early Morning Swim

This is a public session with 2 lanes available for swimmers who wish to swim continuous lengths. The rest of the pool is open to the general public.

General Swim

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

Funky Fun Floats

Come and have fun on our large floats!

Rockin' Rapids

Just what the title says! (restrictions apply for non/weak swimmers).

Aquafit

A water based exercise class to music, to get you motivated. It's a fun, structured programme involving cardiovascular work, stretching and toning. 16 Years+

Parent and Baby/Toddler

A weekly session designed for you and your little ones to bond. On Mondays during term time a qualified instructor is present to play games with you and your little ones, as well as give advice on swimming development for young children.

Main Pool Dimensions

25m x 8.5m x 1.35m (at the deepest point)

Prices

Adult £4.20

Student (A2L) £3.75

Child (under 16) £2.10

Senior Citizen £3.60

Senior Citizen (A2L) £3.20

Under 5's Free

Family Swim (2 adults, 2 children) £11.30

Aqua Fit £4.95

A2L = Access to Leisure

50 Years+, Disabled and Ante Natal

This integrated session is brilliant if you want to do some exercise in an environment where you can take things at your own pace. 50 Years+

Water Therapy

A session designed to accommodate customers with muscular skeletal considerations, with a water therapy instructor. This session is open to customers looking for additional advice and support.

Ladies Only

A session specially designed to accommodate the needs of our female customers. Male lifeguards may be present. 16 Years+

Adults Only

These sessions allow adult swimmers to enjoy an evening of swimming in a peaceful environment. 16 Years+

Bank Holidays

Please be aware that Bank Holiday opening and closing times may vary. Please speak to a member of our team or view our website for further details.

POOL CLOSED

**12th December 2011 –
1st January 2012**

For essential refurbishment

School Term Timetable (with Children's Lessons)

5th September 2011 – 23rd October 2011, 31st October 2011 – 11th December 2011, 2nd January 2012 (B/H) – 12th February 2012, 20th February 2012 – 1st April 2012

POOL CLOSED - 12th Dec 2011 – 1st Jan 2012 For essential refurbishment

	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*			Parent & Baby		Lanes		Children's Lessons*	50+ Disabled Ante-Natal Water Therapy (2.15pm - 3pm)		Children's Lessons			Adult Lessons	Adults Only (Lanes)*	
Tuesday	Early Morning Swim*	School's Lessons					Lanes		Parent & Toddler		Children's Lessons		Lane	Ladies Only*	Aqua Fit	Adults Only (Lanes)*
Wednesday	Early Morning Swim*			Children's Lessons*			Lanes		50+ Disabled Ante-Natal Water Therapy (2pm - 3pm)				Swimming Club	Swimming Lessons	Staff Training	Adults Only (Lanes)*
Thursday	Early Morning Swim*	School's Lessons					Lanes		Parent & Toddler		Children's Lessons		Lane		Aqua Fit	Adults Only (Lanes)*
Friday	Early Morning Swim*			Children's Lessons*			Lanes		Aqua Fit		Children's Lessons*		Funky Fun Floats		Adults Only (Lanes)*	
Saturday	Early Morning Swim*	Children's Lessons			Funky Fun Floats			Lane	Rockin' Rapids			Lanes	Available for Private Hire & Parties			
Sunday	Early Morning Swim*	Children's Lessons*	Funky Fun Floats					Lane	Rockin' Rapids			Lanes	Available for Private Hire & Parties			

A single adult may accompany up to two children under the age of 8 years.

Pool restrictions apply to non/weak swimmers during all Rockin' Rapids sessions.

Only rubber rings with seats in are allowed.

***Part or all of Small Pool closed during this time.**

School Holiday Timetable (with Children's Lessons)

29th August 2011 (B/H) – 4th September 2011, 24th October 2011 – 30th October 2011, 13th February 2011 – 19th February 2011

POOL CLOSED - 12th Dec 2011 – 1st Jan 2012 For essential refurbishment

	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*		50+ Disabled Ante Natal	Parent & Baby		2 x Lanes		Rockin' Rapids		Children's Lessons				Adult Lessons	Adults Only (Lanes)*	
Tuesday	Early Morning Swim*		Children's Crash Courses	Funky Fun Floats		2 x Lanes		Rockin' Rapids	Children's Lessons		Lane	Ladies Only*	Aqua Fit	Adults Only (Lanes)*		
Wednesday	Early Morning Swim*			50+ Disabled Ante - Natal		2 x Lanes		Rockin' Rapids		Lane	Swimming Lessons	Staff Training	Adults Only (Lanes)*			
Thursday	Early Morning Swim*			Funky Fun Floats		2 x Lanes		Rockin' Rapids	Children's Lessons		Lane	Aqua Fit	Adults Only (Lanes)*			
Friday	Early Morning Swim*			Funky Fun Floats		2 x Lanes		Rockin' Rapids		Lane			Adults Only (Lanes)*			
Saturday	Early Morning Swim*	Children's Lessons		Funky Fun Floats		Lane	Rockin' Rapids		Lane	Available for Private Hire & Parties						
Sunday	Early Morning Swim*		Funky Fun Floats		Lane		Rockin' Rapids		Lane	Available for Private Hire & Parties						

- 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.

School Holiday Timetable (without Children's Lessons)

1st August 2011 – 28th August 2011

POOL CLOSED - 12th Dec 2011 – 1st Jan 2012 For essential refurbishment

	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*		50+ Disabled Ante - Natal	Parent & Baby					Rockin' Rapids							Adults Only (Lanes)*	
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					2 x Lanes						Lane						
Saturday	Early Morning Swim*		Funky Fun Floats						Rockin' Rapids				Available for Private Hire & Parties				
					2 x Lanes						Lane						
Sunday	Early Morning Swim*		Funky Fun Floats						Rockin' Rapids				Available for Private Hire & Parties				
					Lane						Lane						

■ 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.

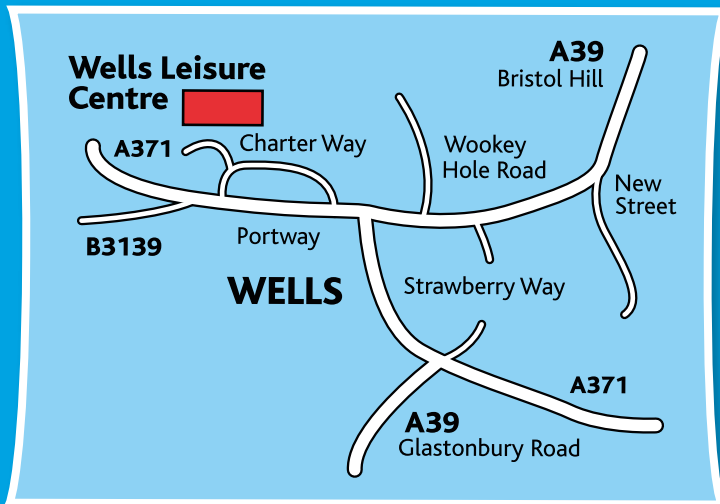
• During busy periods, customers will be guaranteed a minimum of one hour in the pool.

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

Avalon Leisure

recommend telephoning before visiting our centre,
to check that your desired activity is available
on (01749) 670055.

- 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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