



POOL TIMETABLE & ACTIVITY PROGRAMME

Summer holidays

Monday 22nd July to Tuesday 3rd September 2024

(Closed Bank Holiday Monday 26th August 2024)

- the pool is open for Swimming Lessons on Bank Holiday Monday)

elaactive | **Impington**

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SWIMMING TIMETABLE

Monday 22nd July to Tuesday 3rd September 2024

(Closed Bank Holiday Monday 26th August 2024 - the pool is open for Swimming Lessons on Bank Holiday Monday)

	7.00	8.00	9.00	10.00	11.00	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00	9.00
Mon	Early Morning Swim 6.30am to 8.45am		Swimming Lessons 9.00am to 10.00am	Private Use 10.05am to 11.05am	50+ Swim 11.15am to 12.25pm	Adult Lanes 12.30pm to 1.55pm	Fun Session 2.00pm to 3.25pm			Swimming Lessons 3.45pm to 5.45pm	General Swim 5.50pm to 6.55pm	Impington Masters 7.00pm to 8.00pm	Bottisham Swim Club 8.00pm to 9.00pm	Impington Masters 9.00pm to 10.00pm	
Tue	Camb's Triathlon 6.30am to 7.30am	Lane Swim 8.00am to 8.55am	Swimming Lessons 9.00am to 10.00am	Private Use 10.05am to 11.05am	General Swim 11.15am to 12.25pm	Adult Lanes 12.30pm to 1.55pm	Fun Session 2.00pm to 3.25pm			Swimming Lessons 3.45pm to 6.15pm	General Swim 6.20pm to 7.25pm	Get Swimfit! 7.30pm to 8.25pm	Adult Lanes 8.30pm to 9.30pm		
Wed	Early Morning Swim 6.30am to 8.45am		Swimming Lessons 9.00am to 10.00am	Private Use 10.05am to 11.05am	General Swim 11.15am to 12.25pm	Adult Lanes 12.30pm to 1.55pm	Fun Session 2.00pm to 3.25pm			Swimming Lessons 3.45pm to 6.15pm	General Swim 6.20pm to 7.25pm	Adult Lanes 7.30pm to 9.00pm			
Thu	Camb's Triathlon 6.30am to 7.45am	Lane Swim 8.00am to 8.55am	Swimming Lessons 9.00am to 10.00am	Private Use 10.05am to 11.05am	Determinator Pool Inflatable 11.10am to 12.10pm	Adult Lanes 12.30pm to 1.55pm	Fun Session 2.00pm to 3.25pm			Swimming Lessons 3.45pm to 5.45pm	General Swim 5.50pm to 6.25pm	Aquafit 6.30pm to 7.25pm	Adult Lanes 7.30pm to 8.25pm	Impington Masters 8.30pm to 9.30pm	
Fri	Early Morning Swim 6.30am to 8.45am		Swimming Lessons 9.00am to 10.00am	Private Use 10.05am to 11.05am	50+ Swim 11.15am to 12.25pm	Adult Lanes 12.30pm to 1.55pm	Fun Session 2.00pm to 3.25pm			Swimming Lessons 3.45pm to 5.45pm	General Swim 5.50pm to 6.55pm	Adult Lanes 7.00pm to 8.30pm			
Sat	Camb's Triathlon 7.00am to 10.00am			Swimming Lessons 10.00am to 1.00pm			Fun Session 1.15pm to 2.15pm	Party Hire 2.30pm to 3.20pm	Lane Swim 3.30pm to 4.30pm						
Sun		Aquafit 9.00am to 9.55am	General Swim 10.00am to 11.55am	Get Swimfit! 12.00pm to 12.50pm	Bottisham Swim Club 1.00pm to 5.00pm										

Adults	£5.00
OAP / Concession	£4.00
Children (under 16)	£4.00
Children (under 3)	FREE
Determinator Pool Inflatable	£5.50
Aquafit	£7.00 / £6.00
Swimfit	£7.00 / £6.00

**Swimming twice a week or more?
Upgrade to a monthly or annual membership and start saving!**

- Please shower before you swim.
- For safety reasons no child under the age of 8 years will be allowed into the pool unaccompanied by an adult.
- An adult may accompany a maximum of two under 8's into the pool.
- Our pool timetable runs on a session basis. Your entry fee entitles you to attend one session. If you wish to cross over into another session, you must pay an additional entry fee.
- You are guaranteed a minimum of 45 minutes. During busy sessions a call out system maybe in operation.
- Admission is allowed from the start of a session and not before.
- All swimmers will be asked to leave the pool at the end of a session.

SWIM SESSION DESCRIPTIONS

50+ Swim

Exclusive use of the pool for a more sedate swim. An open water session.

Adult Lane (16+ only)

Enjoy a relaxing swim. The pool is split into three lanes (fast, medium & slow). Whatever speed you are, there is a lane for you.

Aquafit (16+ only)

An instructor led water aerobics session.

Early Morning Swim

Wake up with an early morning lane swim! The pool is sectioned off for lane swimming.

Fun Session

Splashtastic fun with floats and rafts in the water. Great fun for all the family!

General Swim

Absolutely everyone welcome. An open session for everyone.

Get Swimfit! (16+ only)

An intense workout for all abilities. Improve your swim stamina with a blend of technique, circuit training and coached pool work. Enjoy a workout with a difference.

Lane Swim (12+ only)

Enjoy a relaxing swim. The pool is split into three lanes (fast, medium & slow). Please avoid backstroke in lane sessions. Under 16's must be confident in deep water.

Party Hire - Floats Fun

Splashtastic fun with floats and rafts in the water. £110 for 50 minutes. Suitable for a maximum of 30 children.

Party Hire - Determinator Inflatable

Slippery fun in the pool on our Determinator inflatable. For children aged 8+ who can swim at least 50 metres and comfortable in deep water. £150 for 50 minutes. Suitable for a maximum of 30 children.

MONSTROUS FUN HOLIDAY CLUB

(5 to 11 years)

Treat your little Monsters with days full of exciting activities throughout the summer holidays. Led by our DBS checked staff and qualified coaches.

There will be:

- Swimming
- Sports & Games
- Arts & Crafts
- Movie Time
- Determinator Inflatable (Thursdays)
- Trampolining (Fridays)

Children will need to bring their own lunch, snacks and drink. Ensure your child is suitably dressed for indoor and outdoor activities.

**Monday to Friday from Monday 22nd July
to Friday 30th August (excluding Monday 26th August)**

8.30am to 5.30pm

Full day only £35 per child



DETERMINATOR POOL INFLATABLE

(8+ years)

Booking in advance is strongly recommended. Slippery fun in the pool on our giant Determinator inflatable. For children aged 8+ who can swim at least 50 metres and are comfortable in deep water.

Also available for Party Hire!

**Every Thursday
from Thursday 25th July
to Thursday 29th August
11.10am to 12.10pm
£5.50 per session**

SWIMMING CRASH COURSES

DUCKLINGS (3-4 years)

Learners will develop increased independence and water confidence.

WEEK 1: Monday 22nd July to Friday 26th July

9.00am to 9.30am

£37.50 for 5 days

WEEK 2: Monday 5th August to Friday 9th August

9.00am to 9.30am

£37.50 for 5 days

WEEK 3: Monday 19th August to Friday 23rd August

9.00am to 9.30am

£37.50 for 5 days

STAGE 1 (5+ years)

Learners will develop basic safety awareness, learn basic movement skills and water confidence skills.

WEEK 1: Monday 22nd July to Friday 26th July

9.30am to 10.00am

£37.50 for 5 days

WEEK 2: Monday 5th August to Friday 9th August

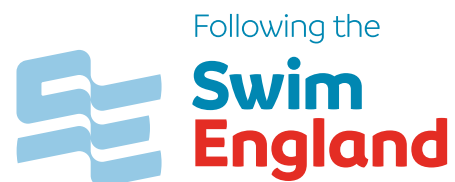
9.30am to 10.00am

£37.50 for 5 days

WEEK 3: Monday 19th August to Friday 23rd August

9.30am to 10.00am

£37.50 for 5 days



Following the

Learn to Swim
Programme

JUNIOR GYM SESSIONS

(13 to 15 years)

Teens can get fit and active during the summer holidays in our gym sessions.

Monday to Friday from Monday 22nd July
to Friday 30th August (excluding Monday 26th August)

3.00pm to 4.00pm

£4.00 per session

(or take out a Gym & Swim membership for £20 per month - direct debit)

COURTS 4 KIDS OFFER

(under 16's)

Play badminton or tennis during the school holidays (subject to availability).
Racquet are available for hire (£2 extra per item).

Monday to Friday from Monday 22nd July
to Friday 30th August (excluding Monday 26th August)

9.00am to 4.00pm

£3.00 per court

TRAMPOLINE TASTERS

(5 to 12 years)

Fun sessions introducing all the basic trampolining skills with qualified instructor Maria Briggs. Please wear suitable clothing (tracksuit bottoms / long sleeved t-shirts) including socks, no jewellery (including watches or earrings) and ensure long hair is tied back. Parents must stay on site or if not, leave emergency contact details with instructor / sports centre.

Every Friday from Friday 28th July
to Friday 1st September

10.00am to 11.00am

£8.00 per session

MONSTROUS FUN HOLIDAY CLUB

For 5 (and in Year 1) to 11 years

- **SWIMMING**
- **SPORTS & GAMES**
- **ARTS & CRAFTS**
- **MOVIE TIME**
- **DETERMINATOR INFLATABLE (THURSDAYS)**
- **TRAMPOLINING (FRIDAYS)**

Treat your little Monsters with days full of exciting activities throughout the summer holidays. Led by our DBS checked staff and qualified coaches.

**Monday to Friday from Monday 22nd July
to Friday 30th August (excluding Monday 26th August)**

8.30am to 5.30pm

Full day only £35 per child

Children will need to bring their own lunch, snacks and drink. Ensure your child is suitably dressed for indoor and outdoor activities. Please see our website for further information and full terms and conditions. Ofsted Registered 2527342. We do not accept childcare vouchers.

