

In the Pools.....



Main Pool			Small Pool	
12.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Adult Laned Swim Public Swim Fun Swim	MONDAY	12.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Parent & Toddler Public Swim Fun Swim
12.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Adult Laned Swim Public Swim Fun Swim	TUESDAY	11.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Parent & Toddler Public Swim Fun Swim
11.30 - 12.00 12.00 - 1.30 1.30 - 2.30 2.30 - 3.30	50+/Rehab Swim Adult Laned Swim Public Swim Family Fun Swim	WEDNESDAY	12.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Parent & Toddler Public Swim Family Fun Swim
11.45 - 12.30 12.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Aquafit Adult Laned Swim Public Swim Fun Swim	THURSDAY	11.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Parent & Toddler Public Swim Fun Swim
11.30 - 12.30 12.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Antenatal Adult Laned Swim Public Swim Fun Swim	FRIDAY	12.30 - 1.30 1.30 - 2.30 2.30 - 3.30	Parent & Toddler Public Swim Fun Swim

Please note that the following applies:

All children 16 & under and Adults 60 & over qualify for free swimming, please register at reception.

All swimmers will be issued with a band and there will be a call-out on our busy sessions (minimum swim time 50 minutes)

Family Fun Swims are catered just for families, these sessions are organised game sessions and children attending on their own will not be admitted -

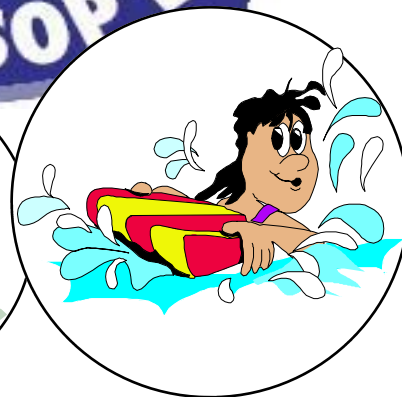
Please note that there will be a cost of £1 per person (under fives free)

Parent & Toddler public sessions in the small pool are for families with young children.

Our evening and weekend sessions are taking place as usual; please see Pool Programme for more details.

All under 8's need to be accompanied by an adult.

Retford Leisure Centre October Half Term



Monday - Friday 26th - 30th October 2009



BASSETLAW
DISTRICT COUNCIL
NORTH NOTTINGHAMSHIRE



For further information
Telephone (01777) 706500

SMALL POOL

Monday - Friday
09.00 - 09.30

UNDER FIVES

These sessions are aimed for the 4 - 5 year olds
Water confident practices learnt through fun-related activities.

Cost: LP £15.50 NM £18.00

Monday - Friday
09.30 - 10.00

BEGINNERS

5 years & above / non-swimmers

'Learn to Swim'

Basic aquatic practices and skills

Cost: LP £15.50 NM £18.00

Monday - Friday
10.00 - 10.45

BEGINNER TWO

10m + swimmers

Introduction to all strokes plus more advanced skills

Cost: LP £18.00 NM £21.00

Monday OR Friday

11.00 - 11.30 Floaties 1/2 (babies up to 2yrs)

11.30 - 12.00 Floaties 2/Tadpoles (2 - 4yrs)

Introduction to aquatic activities that will enhance your child's development including improved strength, fitness & co-ordination

Cost: LP £3.10 NM £3.60 per session



Have you always wanted to learn to swim but never found the time?

Free swimming for 16 & under and over 60's - Do you wish that you could take advantage of this fantastic opportunity?

Do you wish you had more confidence and would like to come with a friend?

We can help....

FREE Adult/Teen Swimming Lessons

Retford Leisure Centre are offering all those who are aged 11yrs and above to apply for the FREE swimming lessons.

This offer applies to only those who are complete beginners up to 10m distance and need to gain more confidence.

For more information please see reception

