

Retford Leisure Centre Pool Programme

play sport stay safe



For more information call
01777 706500
www.bassetlaw.gov.uk

Updated
April 2009



BASSETLAW
DISTRICT COUNCIL
NORTH NOTTINGHAMSHIRE



Pool Timetable

UPDATED APRIL 2009

Changing Facilities – A comprehensive range of changing facilities are available, including dedicated male/female disabled, family and team facilities. All clothing and personal belongings must be retained within the personal lockers provided, which require a returnable £1.00 coin.

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00apm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	
Mon		AquaFit 8.15am-9.00am	Schools 9.00am-11.45am				Laned** 12.30pm-1.30pm	Schools 1.30pm-3.00pm			BSS 4.30pm-5.45pm	Public** 5.45pm-7.30pm		Public 7.30pm-8.15pm	AquaFit 8.15pm-9.00pm	Adult Lessons 9.00pm-10.00pm
				Schools 9.00am-12.00pm			Parent & Child Lessons 12.00pm-1.30pm		Schools 1.30pm-3.00pm		Junior Lessons 4.00pm-7.00pm			Public 7.00pm-8.15pm		
Tue	Early Morning Swim 7.00am-8.45am		Schools 9.00am-11.45am			Adult Lessons 11.45am-12.30pm	Laned** 12.30pm-1.30pm	Schools 1.30pm-3.00pm			Junior Lessons 4.15pm-5.45pm		Public 5.45pm-7.00pm	Laned** 7.00pm-8.00pm	Ladies 8.00pm-9.00pm	Swimfit 9.00pm-10.00pm
				Schools 9.00am-11.30pm			Public 11.30am-12.30pm	Parent & Child Lessons 12.30pm-1.30pm	Schools 1.30pm-3.00pm		Junior Lessons 4.00pm-6.00pm			Public 6.00pm-8.30pm		
Wed	Early Morning Swim 7.00am-8.45am		Schools 9.00am-11.30am		50+ 11.45am-12.00pm	Laned** 12.00pm-1.30pm	Schools 1.30pm-3.00pm			Junior Lessons 4.00pm-6.00pm		Retford Swimming Club 6.00pm-9.00pm			Staff Training 9.00pm-10.00pm	
				Schools 9.00am-12.00pm			Parent & Child Lessons 12.00pm-1.30pm		Schools 1.30pm-3.00pm		Junior Lessons 3.00pm-6.00pm		RSC 6.00pm-7.00pm			
Thu	Early Morning Swim 7.00am-8.45am		Schools 9.00am-11.45am		AquaFit 11.30am-12.30pm	Laned** 12.30pm-1.30pm	Schools 1.30pm-3.00pm			Junior 4.00pm-4.30pm	BSS 4.30pm-5.45pm	Public** 5.45pm-7.30pm		Laned** 7.30pm-9.00pm	Swimfit 9.00pm-10.00pm	
				Schools 9.00am-11.30pm			Public 11.30am-12.30pm	Parent & Child Lessons 12.30pm-1.30pm	Schools 1.30pm-3.00pm		Junior Lessons 4.00pm-6.00pm		Public 6.00pm-8.00pm			
Fri	Early Morning Swim 7.00am-8.45am		Schools 9.00am-11.30am		Aquanatal 11.30am-12.30pm	Laned** 12.30pm-1.30pm	Schools 1.30pm-3.00pm			Rehab 3.30pm-4.30pm	Junior Lessons 4.30pm-5.45pm		Public (half) 5.45pm-6.45pm	Laned** 6.45pm-8.15pm	RSC 8.30pm-9.30pm	
				Schools 9.00am-12.00pm			Parent & Child Lessons 12.00pm-1.30pm		Schools 1.30pm-3.00pm		Parent & Child Lessons 3.00pm-4.00pm	Junior Lessons 4.00pm-7.00pm		Public 7.00pm-8.15pm		
Sat		RSC/RADL 8.00am-9.00am	Retford and District Lifesaving 8.00am-9.00am		Junior Lessons 10.30am-1.15pm				Fun Swim 1.30pm-2.30pm	Public 2.30pm-3.30pm	Laned** 3.30pm-4.30pm	Party Hire 4.30pm-5.30pm		Gala Hire 6.00pm-9.00pm		
				Junior Lessons 8.30am-1.30pm					Fun Swim 1.30pm-2.30pm	Public 2.30pm-4.30pm		Party Hire 4.30pm-5.30pm				
Sun		Adults Only 8.00am-9.00am	Public 9.00am-11.00am		Laned** 11.00am-12.00pm	Party Hire 12.00pm-2.00pm		Fun Swim 2.00pm-3.30pm	Laned** 3.30pm-4.30pm	Specialised Activities 4.30pm-5.30pm	Swimfit 5.30pm-6.30pm	Retford Swimming Club 6.30pm-9.00pm				
			Parent & Child Lessons 8.00am-9.30am		Public 9.30am-12.00pm		Party Hire 12.00pm-2.00pm		Fun Swim 2.00pm-3.30pm	Public 3.30pm-4.30pm	Junior Lessons 4.30pm-7.00pm					
	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00apm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	

KEY: B.S.S. Bassetlaw Swim Squad R.S.C. Retford Swim Club R.A.D.L. Retford and District Lifesaving. **Half pool.

All times are subject to change. Please contact reception for details of our non-term timetable. All wet courses are bookable in advance. See reverse for details of our admissions policy.

Main Pool

Small Pool

Admissions Policy

swim
free

60 & over
16 & under

swim
4 life

A responsible person, aged at 16yrs or over, should accompany all children under the age of eight into the swimming pools at all times. Whilst in the pool the responsible person should maintain a constant watch over the children for whom they are responsible and be in close contact with any of their children who are weak swimmers.

Main Pool

Children under the age of four should be accompanied by a responsible person on a one to one basis. A responsible person should accompany children aged between four and seven on a maximum basis of two to one basis.

Small Pool

One responsible person to accompany up to three children aged four to seven or two children under the age of four, who are swimmers or non swimmers wearing buoyancy aids including armbands.

Activities

50+ Fitness

This session compliments the popular 50+ fitness morning (optional). An excellent way to relax after your work out, why not join the Young at Heart Group.

Fun Swim

A great session for all ages to play and let off steam with our mats and inflatables. Family Fun for all ages.

Family Fun Swim

A session designed to encourage local Family Groups during school holiday periods. Specially trained instructors and lifeguards lead short activities providing enjoyment and fun for all who attend. Free to join.

Ladies Only

A session for ladies who like a serious swim or gather for social chat and unwind, away from the stresses and strains of the day.

Laned Swim*

A popular session, with lanes available in half the pool. You can swim at the 'pace' most suitable to you.

Public Swim

Sessions open to everyone where you can swim widths, lengths or just relax and play.

Relaxation Swim

Dimmed lighting, relaxing music an ideal way to wind down at the end of the day.

Aquafit

A low impact workout to music in the pool. The water supports your body's weight and is ideal for anyone suffering from joint related problems. Also suitable for non-swimmers.

Early Morning Swim*

Start your day with an early morning swim. You can choose how hard you want to work by selecting one of the 'pace' lanes provided. Why not try our Steam / Sauna after your EMS – see promotional offers.

Rehab & Disabled Session

If you are recovering from an injury, illness or have a disability, which would benefit from the supporting properties of water and the benefits that exercising in water can bring, you can take advantage of this quiet session.

Swimfit

If you want to use swimming as a way of improving your fitness



'Swimfit' will guide you every step of the way – The ASA provide programmes for you to follow and equipment if you need it. You can also log online to monitor your progress – for further information log on to www.swimfit.com.

Private Hire

The pools are available for hire on Saturday evening and Sunday lunchtime for parties, galas or other water activities including water polo or canoeing.

Floaties/Tadpoles

A instructed session in the small pool involving parents & Toddlers up to 18 months and 18 months to 3 and a half years.

Core Lessons

Following the National Teaching plan we offer a range of lessons suitable for all ages and abilities. See Reception for further information including an application pack.

