

Newmarket Leisure Centre

18th -24th February Half Term 2019

MAIN SWIMMING POOL

Monday

06.00 - 09.00	* SWIM 4 ALL /LANE SWIM
09.00 - 10.00	FLOATS AND FUN
10.00 - 11.00	WATER AEROBICS
11.00 - 12.00	LADIES ONLY
12.00 - 14.00	ADULTS ONLY LANE SWIM
14.00 - 15.00	FLOATS AND FUN
15.00 - 19.00	* SWIM 4 ALL/LANE SWIM (SWIM ACADEMY 2 LANES)
19.00 - 21.00	PRIVATE HIRE

Tuesday

06.00 - 09.00	* SWIM 4 ALL/LANE SWIM
09.00 - 10.00	SWIM ACADEMY
10.00 - 12.00	FLOATS & FUN
12.00 - 14.00	ADULTS ONLY LANE SWIM
14.00 - 15.00	○ iCAN SWIM
15.00 - 15.45	£1 SWIM
15.45 - 20.00	SWIM ACADEMY
20.00-22.00	SWIM 4 ALL/ LANE SWIM

Wednesday

06.00 - 09.00	* SWIM 4 ALL/LANE SWIM
09.00 - 10.00	FLOATS AND FUN
10.00 - 11.00	WATER AEROBICS
11.00 - 12.00	FLOATS AND FUN
12.00 - 14.00	ADULTS ONLY LANE SWIM
14.00 - 15.00	GP REFERRAL
15.00 - 15.30	£1 SWIM
15.30 - 18.00	SWIM ACADEMY
18.00 - 20.00	PRIVATE HIRE
20.00 - 22.00	* SWIM 4 ALL/LANE SWIM

Thursday

06.00 - 09.00	* ADULTS ONLY/LANE SWIM
09.00 - 10.00	SWIM 4 ALL
10.00 - 12.00	FLOATS AND FUN
12.00 - 14.00	ADULTS ONLY LANE SWIM
14.00 - 15.30	FLOATS AND FUN
15.45 - 19.00	SWIM ACADEMY
18.00 - 20.00	PRIVATE HIRE
20.00 - 21.00	SWIM 4 ALL/ LANE SWIM
21.00 - 22.00	ADULTS ONLY LANE SWIM

KEY

*	SHARED POOL
○	DISABILITY SESSION

Friday

06.00 - 09.00	* SWIM 4 ALL/LANE SWIM
09.00 - 10.00	SWIM 4 ALL
10.00 - 12.00	FLOATS AND FUN
12.00 - 14.00	ADULTS ONLY LANE SWIM
14.00 - 15.30	FLOATS AND FUN
15.45 - 18.00	SWIM ACADEMY
18.00 - 19.30	PRIVATE HIRE
19.30 - 21.00	* SWIM 4 ALL/LANE SWIM

Saturday

06.00 - 08.00	* SWIM FOR ALL/LANE SWIM
08.00 - 13.30	SWIM ACADEMY
13.30 - 15.30	SWIM 4 ALL/ LANE SWIM
15.30 - 16.30	FLOATS AND FUN
16.30 - 17.00	SWIM 4 ALL/LANE SWIM
17.00 - 19.00	PRIVATE HIRE

Sunday

08.00 - 15.30	SWIM 4 ALL/LANE SWIM
15.30 - 16.30	FLOATS AND FUN
16.30 - 17.30	ADULTS ONLY LANE SWIM
17.30 - 19.00	PRIVATE HIRE

Please be aware that some shared pool sessions may include external bookings and pool hire. Therefore, as a result, some sections of the pool may be closed to the public.

CHILD ADMISSION POLICY

To help you and your children whilst using our pools, the following ratios apply. All children under the age of 8 must be accompanied by a responsible person aged 16 or over in the swimming pools.

MAIN POOL

Children under the age of 4 years old: 1 adult to every 1 child
Children aged 4 - 7 years old: 1 adult to every 2 children

TEACHING POOL

Children under the age of 8 years old: 1 adult to every 2 children

INSPIRE CARD HOLDER

Under 5's	£1.10
Adults Swim	£4.00
Junior and Adult Concession	£3.00
Family Swim	£10.10
(2 adults & 2 Children or 1 adult & 3 children)	

NON MEMBER

Under 5's	£2.10
Adults Swim	£5.00
Junior and Adult Concession	£4.00
Family Swim	£12.10
(2 adults & 2 Children or 1 adult & 3 children)	

www.acleisure.com

Forest Heath & St Edmundsbury councils

West Suffolk
working together

Abbecroft Leisure
INSPIRING A HEALTHIER YOU

Newmarket Leisure Centre

18th -24th February Half Term 2019

TEACHING SWIMMING POOL

Monday

09.00 - 10.00	SWIM ACADEMY
10.00 - 11.00	SPLASH TODDLERS
11.00 - 13.30	SWIM ACADEMY
13.30 - 15.30	SPLASH TODDLER
15.30 - 18.00	SWIM ACADEMY
18.00 - 19.00	SWIM 4 ALL
19.15 - 20.00	SHALLOW WATER AEROBICS
20.30 - 21.30	AQUA GYM

Tuesday

09.00 - 10.00	SWIM ACADEMY
10.15 - 11.15	ACTIVE FOR LIFE AQUAGYM
11.15 - 14.15	AQUAGYM
14.30 - 15.30	○ ICAN SWIM
15.30 - 19.00	SWIM ACADEMY
19.15 - 20.00	SHALLOW WATER AEROBICS

Wednesday

07.45 - 09.45	AQUAGYM
10.00 - 11.00	SPLASH TODDLERS
11.00 - 12.30	SWIM ACADEMY
12.45 - 14.45	AQUAGYM
15.30 - 18.00	SWIM ACADEMY
18.00 - 19.00	SWIM 4 ALL
19.15 - 20.00	SHALLOW WATER AEROBICS

Thursday

08.15 - 09.15	KEEP ACTIVE WATER AEROBICS
09.00 - 13.00	SWIM ACADEMY
13.15 - 14.15	AQUAGYM
14.15 - 15.15	ACTIVE FOR LIFE AQUAGYM
15.30 - 18.00	SWIM ACADEMY
18.00 - 19.00	SHALLOW WATER AEROBICS
19.15 - 20.00	DEEP WATER AEROBICS

KEY

*	SHARED POOL
○	DISABILITY SESSION

Friday

09.00 - 11.00	SWIM ACADEMY
11.00 - 12.00	SPLASH TODDLERS
12.00 - 13.00	SHALLOW WATER AEROBICS
13.00 - 14.00	DEEP WATER AEROBICS
14.00 - 14.30	SWIM ACADEMY
14.30 - 15.30	SPLASH TODDLERS
15.30 - 18.00	SWIM ACADEMY

Saturday

08.00 - 13.30	SWIM ACADEMY
13.30 - 16.30	SWIM 4 ALL

Sunday

08.30 - 09.30	SWIM ACADEMY
09.30 - 16.30	SWIM 4 ALL

Please be aware that some shared pool sessions may include external bookings and pool hire. Therefore, as a result, some sections of the pool may be closed to the public.

CHILD ADMISSION POLICY

To help you and your children whilst using our pools, the following ratios apply. All children under the age of 8 must be accompanied by a responsible person aged 16 or over in the swimming pools.

MAIN POOL

Children under the age of 4 years old: 1 adult to every 1 child
Children aged 4 - 7 years old: 1 adult to every 2 children

TEACHING POOL

Children under the age of 8 years old: 1 adult to every 2 children

INSPIRE CARD HOLDER

Under 5's	£1.10
Adults Swim	£4.00
Junior and Adult Concession	£3.00
Family Swim	£10.10
(2 adults & 2 Children or 1 adult & 3 children)	

NON MEMBER

Under 5's	£2.10
Adults Swim	£5.00
Junior and Adult Concession	£4.00
Family Swim	£12.10
(2 adults & 2 Children or 1 adult & 3 children)	

www.acleisure.com

Forest Heath & St Edmundsbury councils

West Suffolk
working together

Abbecroft Leisure
INSPIRING A HEALTHIER YOU