



Vale Farm Sports Centre

Pool programme



**DO YOUR BIT
SAVE PAPER**

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**swim
free**
60 & over
16 & under
**swim
4life**

Free Swimming for the over 60s and 16s & under*

Free Swimming is available during all public sessions. With the announcement of the Government's Free Swimming initiative supporting 16 and unders we are now increasing our free swim offer to the 16 and unders beyond the school holidays. Our facilities already offer free swimming to the over 60s and disabled people. However with the funding from this scheme we are looking to expand the scheme and include some specialist sessions into our programme.

How can you join in?

You just need to register, you can do this now to avoid delay.

Please complete a 'free swimming registration form' and hand into reception at Vale Farm or Willesden Sports Centres.

*terms and conditions apply.



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Managed by Leisure Connection Ltd and Leisure in the Community on behalf of the London Borough of Brent.

Main pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON			Adult Morning Swim	Swim School	Schools			Aquaffit	Schools			General Swim		Brent Dolphins Swimming Club			
								General Swim			Swim School						
TUES			Adult Morning Swim	60+ Swim School	Schools			Aquaffit	Schools			Adult Lane Swim		Women and Girls Swim	Ladies Only		
								General Swim			Swim School		Women & Girls Swim School	Female Aqua			
WED			Adult Morning Swim		Schools				Schools			Swim School		Polish Swimming Club			
											General Swim						
THURS			Adult Morning Swim	60+ Swim School	Schools		50+		Schools			Adult Lane Swim		Brent Dolphins Swimming Club			
							Disability Swim		General Swim			Swim School					
FRI			Adult Morning Swim	60+ Swim School	Schools		50+		General Swim			Swim School	Adult Lane Swim	Adult Lane Swim			
							Disability Swim	Aquaffit	Schools		General Swim	Swim School	Swim School	Adult Swim School			
SAT				Swim School	Japanese Swim Club								Women & Girls Swim		Private Hire*		
					General Swim					Family Fun Swim	General Swim						
SUN				General Swim								Party Animals Pool Parties	Brent Dolphins Swimming Club	Private Hire			

 Closed to public

 Public Swim

 Bookable Sessions

* Last Saturday of every month. Party in the Pool 20.00 - 21.30



Teaching pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON		Adult Morning Swim			Schools		General Swim		Schools	General Swim		Swim School		Brent Dolphins Swimming Club			
TUES		Adult Morning Swim			Schools		Adult Water Confidence General Swim	Parent & Toddler Swim Lessons	Schools	General Swim		Swim School		Women and Girls Swim Women & Girls Swim School		Ladies Only	
WED		Adult Morning Swim			Schools		Adult Water Confidence General Swim	Parent & Toddler Swim Lessons	Schools	General Swim		Swim School		Polish Swimming Club		General Swim	
THURS		Adult Morning Swim			Schools	Parent & Toddler Swim Lessons	General Swim	Parent & Toddler Swim Lessons	Schools	General Swim		Swim School		Brent Dolphins Swimming Club			
FRI		Adult Morning Swim			Schools	Disability Swim	General Swim		Schools	General Swim		Swim School		Adult Swim School			
SAT			Swim School		Water Polo Course		General Swim						Women & Girls Swim	Private Hire			
SUN			General Swim			Parent & Toddler		General Swim			Party Animals Pool Parties	Brent Dolphins Swimming Club	Private Hire				

Closed to public
 Public Swim
 Bookable Sessions

Please note, swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.

Session descriptions and Information

50+ – casual swim for over 50s, join in this session for only £2.00.

Adult Lane Swim – adults only session with 2 or 3 lanes, this is sharing the main pool with lessons.

Adult Swimming – adults only with a minimum of 2 lane rope in each session. Adults aged 17 years and over.

Aquafit – aerobics in the water.

Club – session closed to the public for club usage.

Disability Swim – casual swim session, as per all sessions carers for disabled customers are welcome free of charge.

Women and Girls Swim – females all ages welcome. Lifeguards female only.

General Swim – open session for all users, a minimum of 1 lane rope in each session.

Private Hire – available for parties, galas and community use.

Schools – National Curriculum swimming lessons.

Swim School – offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

60+ Aqua fit – a free water based aerobic class for all registered over 60s.

Parent and Toddler Swim Lessons – a free course of swimming lessons for under 4s.

Admissions Policy – in the interest of safety one adult (person over the age of 18 years) may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.

Free Swimming – for more information on free swimming activities and access to free swimming please contact reception.

School Holidays – an altered programme operates during school holidays. Please contact reception for more details.

Lifeguards – lifeguards are on poolside to ensure your safety and enjoyment, please listen to their advice and follow all instructions that are given throughout the duration of your visit.

Weak and non-swimmers – all weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other flotation aids are available to purchase at the centre.

Poolside – the use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment must not be used on the poolside. Outdoor shoes and push chairs are not permitted on poolside at any time.

Programme – Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.

Changing Rooms – shoes are not permitted in the changing rooms, however blue over shoes are available at the entrance to the changing rooms.

Customer Information

- Swim memberships available, please see a customer advisor.
- Free swimming is available to all 16s during school holidays and under, over 60s and disabled swimmers upon registration.
- Purchase a B'Active card from reception for discounts on a wide range of activities.

How to find us...

Bus routes: 18, 182, 245, 92

Cycle route: 45, 86

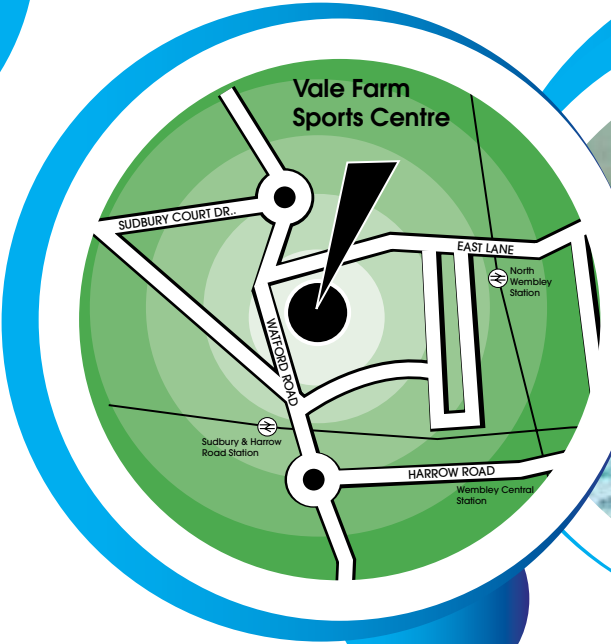
Nearest tube: Sudbury Town, North Wembley

Nearest British Rail: Sudbury & Harrow Road

RNID 'type talk'

Please call the facility dialling 18001 plus the full telephone number (including area code) to operate a telephone relay service for people with impaired hearing or speech.
Visit: www.type-talk.org





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Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

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