

Pool programme



**DO YOUR BIT
SAVE PAPER**

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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	Early Morning Swim	Swim Club	General Swim						Adult Swim School	Pool Cleaning	Swim School	General Swim	Hydro Running	Adults Only					
TUES	Early Morning Swim	General Swim			Hydro Running	General Swim			Pool Cleaning	Swim School	General Swim	St Ives Bay Swimming Club	Swim Fit	Adults Only					
WED	Early Morning Swim	Swim Club	General Swim		50+	General Swim			Pool Cleaning	Swim School	General Swim	Hydro Running	Adults Only						
THURS	Early Morning Swim	Holiday Kayaking	General Swim	AquaFit	General Swim			Pool Cleaning	Swim School	General Swim	St Ives Bay Swimming Club	Swim Fit	Adults Only						
FRI	Early Morning Swim	Swim Club	General Swim						Pool Cleaning	Swim School	General Swim	St Ives Bay Swimming Club	Adults Only						
SAT	Early Morning Swim	Swim School	General Swim	Fun Time	General Swim														
SUN	Early Morning Swim	General Swim						Fun Time	General Swim	St Ives Bay Swimming Club									

Closed to public
 Public Swim
 Bookable Sessions

Please note : There will be no Swim School on Good Friday April 2nd, Saturday April 3rd and Easter Monday April 5th when those sessions will revert to General Swims.



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	Closed to public		Family Splash	Swim School	Family Splash					Pool Cleaning	Swim School	Family Splash	Closed to public					
TUES	Closed to public		Family Splash	Swim School	Family Splash			Swim School	Family Splash	Pool Cleaning	Swim School	Family Splash	Closed to public					
WED	Closed to public		Family Splash						Pool Cleaning	Swim School	Family Splash	Closed to public						
THURS	Closed to public		Family Splash	Swim School	Family Splash					Pool Cleaning	Swim School	Family Splash	Disabled Users Swim	Closed to public				
FRI	Closed to public		Family Splash						Pool Cleaning	Swim School	Family Splash	Closed to public						
SAT	Closed to public		Swim School		Family Splash		Fun Time		Family Splash		Closed to public							
SUN	Closed to public		Family Splash					Fun Time		Family Splash		Closed to public						

Closed to public
 Public Swim
 Bookable Sessions

Bank holiday opening 07.00 – 17.30

Session Descriptions and Information

50 + – an exclusive gentle and relaxing session for the 50+.

Adults Only – a relaxing way to end the day. Lanes will be available. No under 16s.

Adult Swim School – unlaned pool with swimming suitable for nervous adult beginners. A coach/teacher is in attendance & available to provide help & advice to improve your swimming. No need to book.

Aquafit – exercise to music in the water. Gentle but effective exercise for all abilities that gives you an overall workout.

Early Morning Swim – for the early riser! Half the pool open for a gentle wake up call with lanes which are available for the more energetic swimmer.

Family Splash – a session for young children & families in the fun pool.

Fun Time – a fun session for the kids and all the family. Toys and floats available. There will be no lanes in the pool.

General Swim – a session in the main pool to suit all needs! Both recreational and lane swimming will be available.

Hydro Running – a challenging and exciting workout in the water. An excellent cardio-vascular exercise that complements all training regimes.

Swim Fit – three lanes available for fitness training. Equipment/Advice and Programmes/Schedules all made available at your request.

St Ives Bay Swimming Club – session closed to the public for club usage.

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

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.

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. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the lifeguard prior to participation.

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 floatation 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 Village

Shoes are not permitted in the changing village, however blue overshoes are available at reception free of charge.

Building opening & closing times

Please note that these times indicate the time of first admission & the time by which members of the public should have left the facility.

Please note that the pools will be closed for the Penwith schools swimming galas between 1pm and 3.30pm on the following dates Monday Feb 8th, Tuesday March 2nd, Wednesday March 10th, Friday 26th March

Bank holiday opening 07.00 – 17.30

St Ives Leisure Centre
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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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