

# Pool programme



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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
<b>MON</b>		Early Morning Swim	Swim Club	General Swim		Penpol School (19th Apr - 12th Jul)	General Swim		Adult Swim School	Pool Cleaning	Swim School		General Swim	Hydro Running		Adults Only	
<b>TUES</b>		Early Morning Swim	Beach Lifeguards (27th Apr - 28th Sept)	General Swim		Hydro Running	General Swim			Schools Kayaking	Swim School	General Swim	St Ives Bay Swimming Club			Swim Fit	
<b>WED</b>		Swim Club	Early Morning Swim	General Swim	Schools Shallow End Only	50+	General Swim		St Ives Jnr School (9th June - 14th July)	Pool Cleaning	Swim School	General Swim	Hydro Running		Adults Only		
<b>THURS</b>		Early Morning Swim	Beach Lifeguards (27th Apr - 23rd Sept)	General Swim	AquaFit	General Swim			Pool Cleaning	Swim School	General Swim		St Ives Bay Swimming Club		Swim Fit	Adults Only	
<b>FRI</b>		Early Morning Swim	Swim Club	General Swim	St Uny School (30th Apr - 16th July)	General Swim		Schools Kayaking	Swim School	General Swim	St Ives Bay Swimming Club		Adults Only				
<b>SAT</b>		Early Morning Swim	Swim School	General Swim	Fun Time	General Swim											
<b>SUN</b>		Early Morning Swim	General Swim	Fun Time	General Swim	St Ives Bay Swimming Club											

Closed to public
  Public Swim
  Bookable Sessions

Please Note: The Pools will be closed on Thursday May 6th 12pm - 3.30pm for the Penwith Disability Swimming Gala. At the time of going to print all details on this timetable are accurate. However, during the Summer School Term we are expecting a few additional bookings from Schools who are hoping to have one of sessions with us. At this stage we do not have dates but will do our best to make customers aware of the earliest opportunity. We do apologise for any inconvenience this may cause.



# 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	Perpool School (12th July)	Family Splash				Pool Cleaning	Swim School	Family Splash	Closed to public					
TUES	Closed to public		Family Splash	Swim School	Family Splash			Swim School	School	Family Splash	Pool Cleaning	Swim School	Family Splash	Closed to public				
WED	Closed to public		Family Splash		Perpool School (28th April - 7th July)	Family Splash			Noncledra School (28th April - 7th July)	St Ives Jr School (9th June - 14th July)	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	St Uny School (30th April - 16th July)		Family Splash			School	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 16's.

**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 work out 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.

Bank holiday opening 07.00 – 17.30

**St Ives Leisure Centre**  
Trenwith Burrows, St Ives,  
Cornwall TR26 1HB

**01736 797006**

[st.ives@harpersfitness.co.uk](mailto:st.ives@harpersfitness.co.uk)

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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