

## Additional Information

### The Benefits of Swimming

**Psychological** – Swimming is a great way of alleviating stress. Mastering a new skill can result in a great sense of achievement and satisfaction. Try a Wellbeing session.

**Physical** – Swimming can improve strength, stamina and suppleness. Regular exercise can help to improve fitness and enable the body to work more efficiently. Try an Active session.

**Rehabilitating** – Swimming allows muscles to be exercised against the resistance of the water, helping to maintain fitness and mobility. Try a Wellbeing session.

**Social** – Swimming is a good way to meet new friends and is an activity the whole family can participate in. Try a Social or Family session.

**Safety** – Being able to swim and perform simple personal survival skills are valuable life skills. Try Swim School or a Social session.

**Access to other water based activities** – The ability to swim facilitates access to other water-based activities such as sailing, water skiing, canoeing, and surfing with a degree of safety and confidence.

### Pool Safety Information

- Shower before entering the pool
- Swim within your ability – use equipment and buoyancy aids if required
- Do not swim if feeling unwell
- Inform a lifeguard if you have any medical conditions
- Look out for yourself and others while in the pool
- Be aware of danger – sudden pool depths, slippery surfaces
- Listen out for the emergency alarms or lifeguard instruction

## Clothing and Equipment

Shop online at [www.southnorthantsleisure.co.uk](http://www.southnorthantsleisure.co.uk) to receive 10% off all **speedo** clothing, equipment and accessories with discount code ACTIVE3432.



## Membership feels great...

- No Joining fee
- No Contract\*
- 10 Day Money back Guarantee
- Ability to Freeze
- Fixed Price for Life\*

\*depending on Membership type



### Swimming Memberships

£16.00 Adult

Includes: Unlimited Swimming  
(during public sessions)

#### Towcester Centre for Leisure

Springfields, Northants NN12 6UW

Telephone: 0845 267 1201

Web: [www.southnorthantsleisure.co.uk](http://www.southnorthantsleisure.co.uk)

#### Brackley Leisure Centre

Springfield Way, Brackley, Northants NN13 6JJ

Telephone: 0845 267 1194

#### Brackley Swimming Pool

Manor Road, Brackley, Northants, NN13 6EE

Telephone: 0845 267 1195

#### Towcester Centre for Leisure

Opening Times

**Monday – Friday**

06.30 – 22.00

**Saturday**

08.00 – 18.00

**Sunday**

08.00 – 18.00

#### Brackley Leisure Centre

Opening Times

**Monday – Friday**

07.00 – 22.00

**Saturday**

08.00 – 18.00

**Sunday**

08.00 – 18.00

#### Brackley Swimming Pool

Opening Times

**Monday - Friday**

07.00 – 21.00

**Weekends**

08.00 – 16.00



## Pool Timetable

2010



the  
ultimate  
swimming  
experience





# Towcester Pool Timetable

19th April - 28th May 2010 7th June - 23rd July 2010

	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
<b>MON</b>			ACTIVE	swimline	WELLBEING	ACTIVE LIFESTYLE 50+	ACTIVE	ACTIVE	SCHOOL SWIM	WELL BEING		swimline	SOUTH NORTHANTS SWIM CLUB	SOUTH NORTHANTS SWIM CLUB	SUB AQUA	ACTIVE	
<b>TUE</b>			ACTIVE		SCHOOL SWIM	SCHOOL SWIM	ACTIVE	ACTIVE	SCHOOL SWIM	WELLBEING		swimline	ACTIVE	ACTIVE	LADIES ONLY	ACTIVE	
<b>WED</b>			ACTIVE		SCHOOL SWIM	SCHOOL SWIM	LADIES ONLY	ACTIVE	WELLBEING	ACTIVE LIFESTYLE 50+		swimline	ACTIVE	ACTIVE		ACTIVE	
<b>THU</b>	SOUTH NORTHANTS SWIM CLUB		ACTIVE		SCHOOL SWIM	SCHOOL SWIM	ACTIVE	ACTIVE	SCHOOL SWIM	WELLBEING		swimline	SCHOOL SWIM	SOUTH NORTHANTS SWIM CLUB	SOUTH NORTHANTS SWIM CLUB	ACTIVE ADULT SWIM	
<b>FRI</b>			ACTIVE		SCHOOL SWIM	WELLBEING	ACTIVE LIFESTYLE 50+	ACTIVE	SCHOOL SWIM	WELLBEING		swimline	ACTIVE	ACTIVE	WAVE RAVE	ACTIVE	
<b>SAT</b>	SOUTH NORTHANTS SWIM CLUB			swimline	FAMILY	FAMILY	SOCIAL	SOCIAL	PARTY	PARTY		AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	
<b>SUN</b>				ACTIVE	FAMILY	FAMILY	SOCIAL	SOCIAL	PARTY	PARTY		AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	AVAILABLE FOR PARTY HIRE	
<b>MON</b>					FAMILY	AQUAFIT	FAMILY	WELLBEING	FAMILY	FAMILY		swimline	SOCIAL	SOCIAL	SOCIAL	SOCIAL	
<b>TUE</b>					PARENT & TODDLER FUN & FLOAT	PARENT & TODDLER FUN & FLOAT	BABY WAVES	BABY WAVES	FAMILY	FAMILY		swimline	FLUMES & WAVES	FLUMES & WAVES	FLUMES & WAVES	FLUMES & WAVES	SUB AQUA