

South Northants Leisure Trust

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 surfboarding with a degree of safety and confidence.



Clothing and Equipment

Speedo products including costumes, shorts, armbands and training fins are all available to buy at Reception. See the SRS Leisure catalogue for full details of all products available. Products can be ordered at no extra cost and will be guaranteed delivery to the centre within 48 hours for collection.

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

South Northants Leisure Trust

Membership feels great...

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

*depending on Membership type

Towcester Centre for Leisure

Springfields, Northants NN12 6UW

Telephone: 01327 322480/358188

Web: www.southnorthantsleisure.co.uk

Brackley Leisure Centre

Springfield Way, Brackley, Northants NN13 6JJ

Telephone: 01280 701787

Brackley Swimming Pool

Manor Road, Brackley, Northants, NN13 6EE

Telephone: 01280 704906



South Northants Leisure Trust

Pool Timetable

Winter 2010



the
ultimate
swimming
experience



H2O

H2O is the name for the swimming pool programmes.

The programmes are split into 5 clear categories to enable you to choose the right session and get the most of your time in the water. Simply note the colour and name of the session type that you are likely to enjoy and look out for it on the programme.

WELLBEING

These calm and relaxing sessions offered throughout the week cater for those looking to improve their overall health, and are also a great way to relieve stress and tension.

ACTIVE

Available for swimmers of all abilities wanting to improve or maintain health and fitness levels, train for a sport or looking for an alternative to the gym. These sessions provide the opportunity to swim in lanes and the use of specialist training equipment.

PARTY

These swimming sessions are specifically designed with young people in mind! Aimed at 8 to 16 year olds, these sessions are action packed and include inflatables and floats in the pool accompanied by party music!!

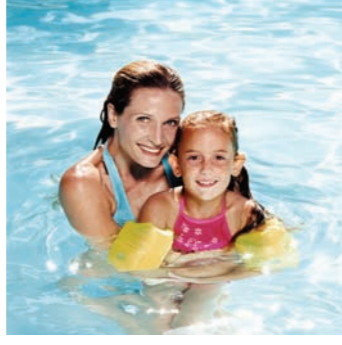
Are you 8+? Look out for our fantastic H2O pool parties – we provide the music and guarantee a great time for you and your friends!

SOCIAL

These sessions are a great way to meet people and feel the benefits of exercise. Look out for the specific sessions for ladies and over 50's.

FAMILY

These exciting and enjoyable sessions are for both young and old alike. Floats and toys are offered to create a stimulating environment and a family friendly atmosphere – providing a great family day out for all!



Swimming Memberships
£16.00
 Adult
 Includes:
 Unlimited Swimming
 (during public sessions)

Towcester Pool Timetable

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

Under 8s Policy: All H2O Sessions (Except H2O Family) Children aged 4-7 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 2:1. Children under the age of 4 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 1:1. H2O Family Children aged 4-7 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 3:1. If one or more child is aged under 4, then they must be accompanied in the ratio 2:1. Please note timetable was correct at time of print. Times and sessions are subject to change. Please contact Towcester Centre for Leisure tel: (01327) 322480 for the latest information.

Brackley Pool Timetable

January – March 2010

Day	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
MON				SCHOOL SWIM	SCHOOL SWIM	ACTIVE LANES	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM
TUE				ACTIVE	SCHOOL SWIM	ACTIVE LANES	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM
WED				AM AQUA	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM
THU				ACTIVE	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM
FRI				ACTIVE	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM	SCHOOL SWIM
SAT				ACTIVE	BRACKLEY DIPPERS	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL
SUN				ACTIVE	FAMILY	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL	SOCIAL

There will be separate timetables for Christmas Break and February half-term, please ask for a holiday timetable for these weeks. We reserve the right to change the above without notice.