

Swimming Pool Price List

	Premium Member	Non Member/ Standard
Adults	£1.50	£1.95
Child (over 5 years)	£1.20	£1.50
Senior Citizens	£1.20	£1.50

21 day Swim Pass

A 21 Day Swim Pass is also available from the Community & Fitness Centre.

See leaflet entitled 'Gym Membership & Price Information', ask at the Sports Centre Reception or call 0191 553 5539 for further information

Lockers

All lockers require a 20p token to operate. These can be obtained from Reception

Premium Membership

To qualify for a Premium Membership you must be entitled to at least one of the benefits listed in the 'Premium Membership' leaflet.

Children will only qualify for this membership if both parents are in receipt of any of the benefits listed in the 'Premium Membership' leaflet.

Proof of eligibility must be provided.

Castle View Community & Fitness Centre



Swimming Pool Timetable & Information

FOR MORE INFORMATION PLEASE CONTACT THE COMMUNITY & FITNESS CENTRE RECEPTION ON

0191 553 5539

Swimming Pool Timetable

Monday		FROM	UNTIL
	Public Session	4.00pm	7.00pm
	Water Aerobics	7.00pm	8.00pm
Tuesday		FROM	UNTIL
	Aqua Natal	6.00pm	7.00pm
	Public Session	8.00pm	9.00pm
Wednesday		FROM	UNTIL
	Over 50's Only	3.15pm	4.15pm
	Inflatable Session	4.15pm	5.15pm
	Public Session	5.15pm	7.30pm
	Adults Only	7.30pm	9.00pm
Thursday		FROM	UNTIL
	Aqua Zumba	6.00pm	7.00pm
	Public Session	7.00pm	9.00pm
Friday		FROM	UNTIL
Adults Only 3.00pm - 4.00pm	Public Session	4.00pm	6.00pm
	Chill Club	6.00pm	7.00pm
	Adults Only	7.30pm	9.00pm
Saturday		FROM	UNTIL
	Public Session	10.30am	11.30am
	Inflatable Session	11.30am	12.30pm
	Adults Only	3.30pm	5.00pm
Sunday		FROM	UNTIL
	Family Fun	9.30am	11.00am
	Public Session	11.00am	1.00pm
	Adults Only	3.30pm	5.00pm

please note...

All times shown above are subject to change during the school holidays.

All children **under the age of 8** years must be accompanied by an adult (16 years+).

All children **under the age of 5** must be supervised on a one-to-one basis.

Activity Information

The Pool

Our swimming pool is 20 x 8 metres and has male, female and disabled changing facilities.

The pool is open for various activities including;

Public Session

This session is available to adults and children of any age, however, all children **must be over the age of 8** to swim in the pool unaccompanied

Water Aerobics (Ladies Only)

An extremely popular water-based workout for all ages and abilities. It is advisable that you book and pay for your place in advance as spaces are limited.

Aqua-Natal

A Water-based exercise class to music for pregnant ladies. The session is run by a fully qualified midwife and is a fun and safe way to keep fit during pregnancy. It is not essential that you can swim and you don't even have to put your face in the water.

The class is suitable for women at all stages of pregnancy. Cost of the class is only £3. For your first class, please arrive 5-10 minutes early so the midwife can speak with you.

Adults Only

A **KID FREE ZONE!** Suitable for male and female swimmers who want to train, exercise or just simply relax.

Inflatable Sessions

Join in the fun with the inflatable session! Feel free to bring along your own floats and beach balls!

Over 50's

An exclusive session for the more mature members of our community. Sessions takes place on Wednesday afternoons

Family Fun

A **Family Only** session. Please note, all children **must** be accompanied by an adult during these sessions.

Chill Club

Junior Members Only! These sessions are only £1.10 (including the locker token) but spaces are very limited so be quick! You must have a Junior Membership card. Without a card you will **NOT** be able to attend this club.

Childrens Swimming Lessons

Run exclusively for children aged 3 and over. Lessons are open for all abilities. For more information please contact "In at the Deep End" on 0800 8403084