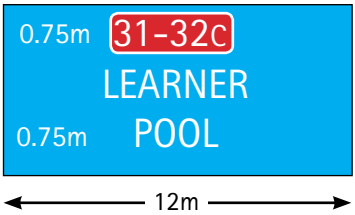
Swimming Pools

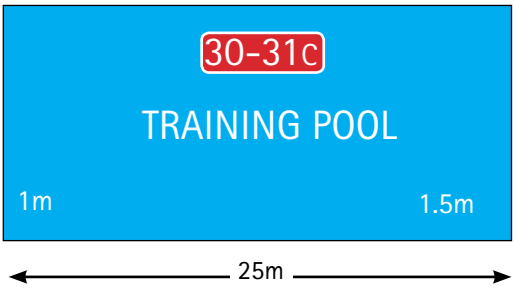
BRACKNELL
LEISURE CENTRE

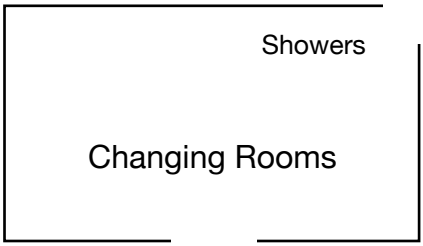
April 2017

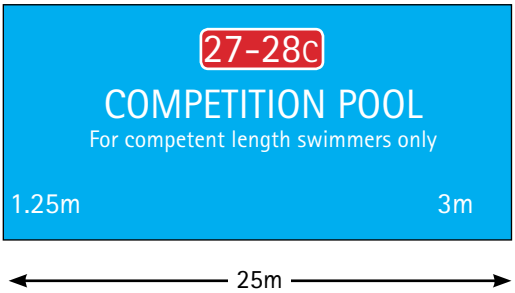
BRACKNELL FOREST
Be
LEISURE

POOL INFORMATION









Lifeguards - are on poolside to ensure your safety and enjoyment. Please follow the pool rules and any instructions given. Notify the lifeguards of any relevant medical conditions that may affect you during your visit.

Wristbands - are issued at reception for certain sessions and must be worn in the water, otherwise you will be asked to leave the pool.

Photography - The use of cameras is permitted only with the prior consent of the Duty Manager.

Hoists - we welcome people with disabilities and have hoists available in the pools and changing rooms to facilitate your visit.

Equipment - Floatation devices and swimming aids (including armbands, rings, goggles, training fins and hand paddles) may be used. Snorkels and masks are not allowed.

Clothing - only appropriate swimwear will be allowed in the pools.

Multiple Use - from time to time lane restrictions may occur without notice.

Health and Safety

- Children under 8 years must be accompanied by an adult aged 18 years or over at all times when in the water. A maximum of two under 8's per adult is permitted.
- Please ensure you use showers and toilets before using the pools.
- If you have recently suffered from a diarrhoeal illness, it is recommended that you do not use the swimming pool.

Nappy Policy

- For health and hygiene reasons, all babies and children who are not potty trained must wear a swimming nappy when using the pools.
  Swimming nappies can be purchased at Reception.

PRICES

	Members	Non-Members
Adult	£3.60	£5.70
Disabled/64+/student /under 16's	£2.40	£3.90
Under 5's	FREE	FREE
Family *2 adults & 2 juniors or 1 adult & 3 juniors*	£10.80	£18.00
L'eau Robics	£5.05	£7.15
Swimfit		
Adult	£3.60	£5.70
64+/Student	£2.40	£3.90

Swim Passes

Concessionary rates available to under 16s, students, 64+yrs and disabled only.
Pick up a leaflet or see reception/customer services for more details.

Terms and conditions apply.

Monthly Pass:	
DIRECT DEBIT	**£25 per month** Conc. £20/month
CASH/ CREDIT CARD	**£35 per month** Conc. £30/month

Annual Pass:	
Enjoy 12 months for the price of 10!	**£250** Conc £200

Valid for use in all public sessions:

- Lane swimming
- Leisure swimming
- Fitness lanes
- Swimfit
- Adults Only

Please note age restrictions apply to certain sessions (see timetables for details)

Competition Pool (Term Time)

	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Mon	Swimming Club	Lane Swimming 07:30 - 15:55									Swim School	Fitness Lane Swimming 17:35 - 19:15		Adult Fitness Lanes 19:15 - 21:30	
			Adult Lessons												
Tues	Lane Swimming 06:30 - 15:55										Swim School		Swimming Club		
			Lifeguard Training		Adult Lessons	swimfit									
Wed	Lane Swimming 06:30 - 15:55										Swim School	Fitness Lane Swimming 17:35 - 19:45		Adult Fitness Lanes 19:45 - 21:30	
				swimfit											
Thurs	Swimming Club	Lane Swimming 07:30 - 15:55									Swim School	Fitness Lane Swimming 17:35 - 19:45		Adult lessons	Sub Aqua Club
					Adult Lessons	swimfit									
Fri	Lane Swimming 06:30 - 09:25			Deep L'eau Robics 09:30 - 10:15	Lane Swimming 10:30 - 15:55						Swim School	Fitness Lane Swimming 17:35 - 19:45		Swimming Club	
Sat	Swimming Club	Lane Swimming 08:00 - 17:45										Available for Galas/Private Hire			
Sun	Closed	Lane Swimming 08:00 - 17:45									swimfit	Red Diamonds Club	Lifesaving Club	Closed	

swimfit

Tuesday	11:35 - 12:15 and 12:15 - 12:45
Wednesday	09:15 - 10:00 and 10:00 - 10:30
Thursday	11:15 - 12:00 and 12:00 - 12:45
Sunday	16:00 - 16:45 and 16:45 - 17:30

Competition Pool (Holiday Time)

07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00

Mon	Swimming Club	Lane Swimming 07.30-9.00	Swim School	Lane Swimming 10:30 - 19:15					Adult Fitness Lanes 19:15 - 21:30
Tues	Lane Swimming 06.30-9.00		Swim School	Lane Swimming 10:30 - 15:55 (swimfit)		Lifeguard Training		Swimming Club	
Wed	Lane Swimming 06.30-9.00		Swim School	Lane Swimming 10:30 - 19:45					Adult Fitness Lanes 19:45 - 21:30
Thurs	Swimming Club	Lane Swimming 07.30-9.00	Swim School	Lane Swimming 10:30 - 19:45 (swimfit)				Adult lessons	Sub Aqua Club
Fri	Lane Swimming 06.30-9.00		Swim School	Lane Swimming 10:30 - 19:45				Swimming Club	
Sat	Swimming Club	##		Lane Swimming 08:00 - 17:45			Available for Galas/Private Hire		
Sun	Closed			Lane Swimming 08:00 - 17:45 (swimfit)			Red Diamonds Club	Lifesaving Club	Closed

Sat 8 April
Sat 29 July
Sat 5 Aug
Sat 28 Oct

} lane restrictions 8-10.30am due to NPLQ exams

Holiday time applies to the following dates (inclusive)
Monday 3 April - Monday 17 April
Monday 29 May - Friday 2 June
Monday 24 July - Sunday 3 September

Bank Holidays: 9.30am - 4.00pm All Pools

Training Pool (Term Time)

07:00 08:00 09:00 10:00 11:00 12:00 13:00 14:00 15:00 16:00 17:00 18:00 19:00 20:00 21:00

Mon	Leisure & Lane Swimming 06:30 - 09:00	Adult Lessons	L'eau Robics 10:45 - 11:30	Leisure & Lane Swimming 11:35 - 15:55					Swim School	Leisure & Lane Swimming 18:05 - 19:15	Adult Lessons	L'eau Robics 20:45 - 21:30		
Tues	Leisure & Lane Swimming 06:30 - 09:00	Adult Lessons			Leisure & Lane Swimming 12:00 - 15:55				Swim School			Swimming Club		
Wed	Leisure & Lane Swimming 06:30 - 09:00	swimfit	School lessons	L'eau Robics 10:35 - 11:20	Fit for Life Splash Fit	Leisure & Lane Swimming 11:20 - 15:55			Swim School	Leisure & Lane Swimming 18:05 - 19:45		Adults Only 19:45 - 21:30		
Thurs	Leisure & Lane Swimming 06:30 - 09:00	L'eau Robics 9.00 - 9.45	Adult Lessons		Leisure & Lane Swimming 12:00 - 15:55				Swim School	Leisure & Lane Swimming 18:05-19:45		Adult Lessons		
Fri	Leisure & Lane Swimming 06:30 - 09:00	Adult Lessons		Leisure & Lane Swimming 10:40 - 13:30		School Lessons 13.30 - 14.30	Leisure & Lane Swimming 14.30 - 15:55		Swim School	Leisure & Lane Swimming 18:05-19:45		Swimming Club		
Sat		Swimming Club	Swim School		Leisure Swimming 11:00 - 17:45 (Inflatable 1-3pm)						Available for Galas/Private Hire			
Sun	Closed		Leisure Swimming 08:00 - 17:45								Red Diamonds Club	Lifesaving Club	Closed	

swimfit Swimfit 09:15 - 10:00

Coral Reef Lessons in shallow end of the pool

Training Pool (Holiday Time)

	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Mon	Leisure & Lane Swimming 06:30 - 9:00		Swim School		Leisure Swimming 10:30 - 19:15 (Inflatable 1-3pm)									Adults Only 19:15 - 20:45	L'eau Robics 20:45 - 21:30
Tues	Leisure & Lane Swimming 06:30 - 9:00		Swim School		Leisure Swimming 10:30 - 15:55 (Inflatable 1-3pm)						Lifeguard Training		Swimming Club		
Wed	Leisure & Lane Swimming 06:30 - 9:00		Swim School		Leisure Swimming 10:30 - 19:45 (Inflatable 1-3pm)									Adults Only 19:45 - 21:30	
Thurs	Leisure & Lane Swimming 06:30 - 9:00		Swim School		Leisure Swimming 10:30 - 19:45 (Inflatable 1-3pm)									Adult Lessons	
Fri	Leisure & Lane Swimming 06:30 - 9:00		Swim School		Fit for Life exclusive swim 10:30 - 11:30	Leisure Swimming 11:30 - 19:45 (Inflatable 1-3pm)								Swimming Club	
Sat	Closed	##			Leisure Swimming 08:00 - 17:45 (Inflatable 1-3pm)							Available for Galas/Private Hire			
Sun	Closed	Leisure Swimming 08:00 - 17:45										Red Diamonds Club	Lifesaving Club	Closed	

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Sat 5 Aug
Sat 28 Oct

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Monday 3 April - Monday 17 April
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Monday 24 July - Sunday 3 Sept

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Learner Pool (Term Time)

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Mon	Closed	Swim School			Leisure Swimming 12:00 – 15:55				Swim School		Leisure Swimming 18:05 – 19:15		Closed
Tues	Closed	Swim School			Leisure Swimming 12:00 – 15:55				Swim School				Swimming Club
Wed	Closed	Swim School		Leisure Swimming 10:30 – 15:55					Swim School		Leisure Swimming 18:05 – 19:45		Closed
Thurs	Closed	Swim School			Leisure Swimming 12:00 – 15:55				Swim School		Leisure Swimming 18:05 – 19:45		Closed
Fri	Closed	Swim School			Leisure Swimming 12:00 – 15:55				Swim School		Leisure Swimming 18:05 – 19:45		Closed
Sat	Swim School				Leisure Swimming 11:30 – 17:45						Closed		
Sun	Leisure Swimming 08:00 – 17:45										Red Diamonds Club		Closed

Learner Pool (Holiday Time)

	08:00 – 09:00	09:00 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 13:00	13:00 – 14:00	14:00 – 15:00	15:00 – 16:00	16:00 – 17:00	17:00 – 18:00	18:00 – 19:00	19:00 – 20:00
Mon	Swim School		Leisure Swimming 10:30 – 19:15									Closed
Tues	Swim School		Leisure Swimming 10:30 – 15:55						Lifeguard Training			Swimmimg Club
Wed	Swim School		Leisure Swimming 10:30 – 19:45									Closed
Thurs	Swim School		Leisure Swimming 10:30 – 19:45									Closed
Fri	Swim School		Closed	Leisure Swimming 11:30 – 19:45								Closed
Sat	##		Leisure Swimming 08:00 – 17:45								Closed	
Sun	Leisure Swimming 08:00 – 17:45										Red Diamonds Club	Closed

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Bank Holidays:
9.30am – 4.00pm
All Pools

SESSION DESCRIPTIONS

Lane Swimming/ Fitness Lanes
All abilities and ages of swimmers wishing to swim lengths at their own pace. Swimmers should follow good lane etiquette.

Leisure Swimming
All ages and abilities welcome.

Adult Only/Adult Fitness Lanes
Evening swimming sessions for those aged 16 and over.

Swimfit
Instructor-led sessions using workout cards and equipment to maximise your time in the water. Limited spaces so booking advised.

L'eau Robics
Water based aerobic workout to music for all levels utilising the water as resistance.

Fit for Life Splash Fit
Water based aerobic workout to music specifically designed for our Fit for Life customers .

Swim School
Learn to swim! We have lessons for all ages and abilities, pre-school, juniors and adults.

Clubs and Private Hire

Bracknell Sub Aqua Club

Thursday 20:30 - 22:00.
info@bracknellscuba.org.uk
www.bracknellscuba.org.uk

Bracknell & Wokingham Swimming Club.

Welcomes new members and offers the opportunity to swim competitively up to national level.

secretary@bwsc.org.uk
www.bwsc.org.uk

Bracknell Lifesaving Club

Sunday 19:00 - 20:00.

We offer the RLSS Rookie and Survive & Save programmes teaching essential water safety and first aid skills to 8-18year olds (subject to a pool test). These can be used for Duke of Edinburgh Sports, Skills and Voluntary sectors.

Bracknelllifesavingclub@yahoo.com

Red Diamond Club

Sunday 18:00 - 19:00

Swimming and socialising for disabled people and their families, the club welcomes new members.

keith.shepherd2@ntlworld.com

SWIMMING LESSONS

Swimming is fun and great exercise...but also a crucial life skill!
With over 300 courses every week we aim to provide swimmers with a high level of water confidence, correct swimming techniques and general water skills. All lessons are taken by fully qualified teachers and are designed to mix education and safety with the fun side of swimming.

Adults

Juniors

Pre-School

For course times and prices please see our course brochure or www.bracknell-forest.gov.uk/blcswimmingpoolsandcourses. Alternatively please email blc.enquiries@bracknell-forest.gov.uk or contact reception for more information.

SWIM IN STYLE!

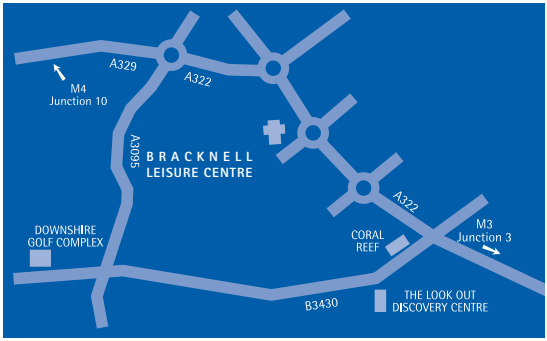
Visit our shop in reception where we have a wide range of Zoggs swimming products including goggles, hats, pull-buoys, ear plugs, nose clips, rings and arm bands.

Lane Swimming

For the safety and enjoyment of all our swimmers we encourage good lane-swimming etiquette. Please follow a few simple tips to help improve everyone's time in our pools:

1. Pick the right lane for your speed (Fast, Medium or Slow)
2. Follow the lane direction arrows (Clockwise or Anti-clockwise)
3. Stand to the side if you stop for a rest
4. Please look before you push off!
5. The best place to overtake is at the wall.

HOW TO FIND US



This leaflet can be made available in large print, Braille, on audio cassette or DVD. Copies in other languages may also be obtained. Please contact Bracknell Leisure Centre.
Tel: 01344 454203 or
Minicom 01344 352405.

Bracknell Leisure Centre

Bagshot Road, Bracknell, Berkshire, RG12 9SE

Tel: 01344 454203 Fax: 01344 868511

Email: blc.enquiries@bracknell-forest.gov.uk

Web: www.bracknell-forest.gov.uk/be

BLC POOLS Apr 2017

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CUSTOMER SERVICE EXCELLENCE

CSE

Bracknell Forest Council