

BITTERNE PRICE LIST & SWIMMING TIMETABLE

Valid from 1st April – 30th June 2012

COME AND HAVE A GO!

CENTRE OPENING TIMES

Monday – Thursday	07.15 – 22.00
Friday	07.15 – 20.30
Saturday – Sunday	08.30 – 18.00
Bank Holidays	09.30 – 16.30

Bitterne Leisure Centre

Dean Road, Bitterne
Southampton, SO18 6AQ
023 8043 7647

CONTACT US OR VISIT US ONLINE AT

WWW.ACTIVATION.ORG.UK



PRICES

SWIMMING

	STANDARD	OFF PEAK*
Adults	£4.10	£3.30
Concessionary swim**	£2.70	£2.40
Family Swim (2 adults & 3 children)	£12.00	£10.00
Aquafit	£5.50	
Aquanatal	£5.50	

FITNESS

Fitness suite induction	£20.00
Youth fitness academy induction	£6.50



FITNESS SUITE

	STANDARD	OFF PEAK*
Individual 90 mins	£7.40	£6.00
Youth Fitness academy	£2.80	
Group fitness classes	£5.80	
Yoga classes	£5.80	
Later years (50+)	£3.60	

MAIN HALL

	STANDARD	OFF PEAK*
Badminton 40 mins	£8.20	£7.00
Table tennis 40 mins	£8.20	£7.00
5-a-side football 40 mins	£32.80	£28.00

Children's activities	
Tot's funtime (with toys in the pool)	£3.30

Soft play and bouncy castle (Tue and thur 12 noon – 1pm)	£2.70
---	-------

Crèche (mon/tue/thur – 1 hour sessions)	£3.50
--	-------

PLEASE CONTACT RECEPTION

for prices and booking for:
Bobtails
Gymnastics
Trampoline courses
Tumble bugs

CHILDREN'S PARTIES

Pool party up to 35 people	£99.00
Pool party with inflatable	£99.00
Bouncy castle and soft play	£99.00
Football or basketball	£99.00

OTHER PRODUCTS

and services	
Activity room hire 60 mins	£26.00
Equipment hire	£1.50
Showers	£2.70

* Off peak Mon – Fri 07.30 – 16.00
last ticket sold 15.15

** 60+ and juniors

GUIDELINES

Children under 8 years old must be supervised by a parent or adult (18 years and over) throughout their use of the whole facility. Maximum of 2 children to 1 adult. Those supervising must accompany the children in the water.



PLEASE NOTE

- Outside of school term time, weekends and bank holidays we operate on standard price basis only. During peak times it may be necessary to operate time restricted sessions (wrist band controlled).
- Pool timetables are subject to change during school holidays.
- For details on non-public sessions please contact reception.
- For all lessons booking is required.
- **This timetable is subject to change.**



HOW TO NAVIGATE THIS PDF

Roll your mouse over the text you wish to read. A tag will display indicating you can zoom in. Click your mouse to zoom in on the text in that area.

Click this icon to return to full page view.



Click to go to:

- ▶ Learner pool
- ▶ Main pool

LEARNER POOL TIMETABLE

Valid from 1st April – 30th June 2012



	MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY							
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
08.30																																																								
09.00																																																								
09.30																																																								
10.00																																																								
10.30																																																								
11.00																																																								
11.30																																																								
12.00																																																								
12.30																																																								
13.00																																																								
13.30																																																								
14.00																																																								
14.30																																																								
15.00																																																								
15.30																																																								
16.00																																																								
16.30																																																								
17.00																																																								
17.30																																																								
18.00																																																								
18.30																																																								
19.00																																																								
19.30																																																								
20.00																																																								
20.30																																																								

KEY TO LEARNER & POOL ACTIVITIES

 TOTS FUN TIME	 LADIES SWIM	 PENGUIN DISABLED CLUB	 SOUTHAMPTON YOUTH ORG	 CHILDREN'S POOL PARTY
 PUBLIC SWIM	 SCHOOL USE	 CHILDREN'S LESSONS	 AQUAFIT	 ADULT LESSONS
				 FAMILY SWIM

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion.

Click to go to:

-  [Price List and Guidelines](#)
-  [Main pool](#)



ACTIVE
NATION















Working together

MAIN POOL TIMETABLE

Valid from 1st April – 30th June 2012



	MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY															
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8
07.30	ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM																															
08.00	ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM																															
08.30	ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM								ADULT SWIM + 2 LANES SWIM																															
09.00	AQUA ZUMBA 09.05 – 09.50								AQUA FIT 09.15 – 10.00								AQUA FIT 09.05 – 09.50								AQUA ZUMBA 09.05 – 09.50								AQUA FIT 09.10 – 09.55								CHILDREN'S LESSONS								FAMILY SWIM															
09.30	AQUA ZUMBA 09.05 – 09.50								AQUA FIT 09.15 – 10.00								AQUA FIT 09.05 – 09.50								AQUA ZUMBA 09.05 – 09.50								AQUA FIT 09.10 – 09.55								CHILDREN'S LESSONS								FAMILY SWIM															
10.00	LANE SWIM								LADIES SWIM								LATER YEARS (50+)								LADIES SWIM								LATER YEARS (50+)								FAMILY SWIM								FAMILY SWIM															
10.30	LANE SWIM								LADIES SWIM								LATER YEARS (50+)								LADIES SWIM								LATER YEARS (50+)								FAMILY SWIM								FAMILY SWIM															
11.00	LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
11.30	LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
12.00	LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
12.30	LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								LANE SWIM								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
13.00	SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
13.30	SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
14.00	SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
14.30	SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								SCHOOL USE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE															
15.00	PUBLIC SWIM								PUBLIC SWIM								PUBLIC SWIM								PUBLIC SWIM								PUBLIC SWIM								CHILDREN'S POOL PARTY 15.15 – 16.00								PENGUIN DISABLED CLUB NEW MEMBERS WELCOME 15.05 – 16.05															
15.30	PUBLIC SWIM								PUBLIC SWIM								PUBLIC SWIM								PUBLIC SWIM								PUBLIC SWIM								CHILDREN'S POOL PARTY 15.15 – 16.00								PENGUIN DISABLED CLUB NEW MEMBERS WELCOME 15.05 – 16.05															
16.00	CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S/ADULT LESSONS								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								DEEP WATER AQUAFIT 16.05 – 16.50								CHILDREN'S POOL PARTY 16.15 – 17.00															
16.30	CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S/ADULT LESSONS								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								DEEP WATER AQUAFIT 16.05 – 16.50								CHILDREN'S POOL PARTY 16.15 – 17.00															
17.00	CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S/ADULT LESSONS								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								DEEP WATER AQUAFIT 16.05 – 16.50								CHILDREN'S POOL PARTY 16.15 – 17.00															
17.30	CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S LESSONS								CHILDREN'S/ADULT LESSONS								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								DEEP WATER AQUAFIT 16.05 – 16.50								CHILDREN'S POOL PARTY 16.15 – 17.00															
18.00	ADULT SWIM + 2 LANES SWIM								AQUAFIT 19.00 – 19.45								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								SOUTHAMPTON YOUTH ORGANISATION								AQUA ZUMBA 16.50 – 17.35																															
18.30	ADULT SWIM + 2 LANES SWIM								AQUAFIT 19.00 – 19.45								PUBLIC SWIM, UNDER 8'S SWIM FOR FREE								SOUTHAMPTON YOUTH ORGANISATION								AQUA ZUMBA 16.50 – 17.35																															
19.00	AQUANATAL 19.00 – 19.45								AQUAFIT 19.00 – 19.45								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15																															
19.30	AQUANATAL 19.00 – 19.45								AQUAFIT 19.00 – 19.45								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15																															
20.00	AQUAFIT 19.45 – 20.30								LADIES SWIM 19.50 – 21.00								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15																															
20.30	AQUAFIT 19.45 – 20.30								LADIES SWIM 19.50 – 21.00								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15								AQUAFIT 19.30 – 20.15																															
21.00	DEEP WATER AQUAFIT 20.30 – 21.15								ADULT LANE SWIM				SWIMFIT				ADULT LANE SWIM 20.20 – 22.00				SWIMFIT				ADULT LANE SWIM 20.20 – 22.00								SWIMFIT																															
21.30	DEEP WATER AQUAFIT 20.30 – 21.15								ADULT LANE SWIM				SWIMFIT				ADULT LANE SWIM 20.20 – 22.00				SWIMFIT				ADULT LANE SWIM 20.20 – 22.00								SWIMFIT																															

KEY TO MAIN POOL ACTIVITIES

 ADULT SWIM	 LADIES SWIM	 AQUANATAL	 ADULT LESSONS	 PENGUIN DISABLED CLUB
 PUBLIC SWIM	 SCHOOL USE	 AQUAFIT	 SOUTHAMPTON YOUTH ORG	 CHILDREN'S POOL PARTY
 CHILDREN'S LESSONS	 LATER YEARS (50+)	 FAMILY SWIM	 GP REFERRAL AQUAFIT	

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion.

Click to go to:

-  [Learner pool](#)
-  [Price List and Guidelines](#)



Working together

ACTIVE NATION