

YARBOROUGH SWIMMING SCHEDULE

Valid from 1st April – 30th June 2012

LEARN TO SWIM WITH US!

Join today and receive an exclusive offer!

We are passionate about teaching swimming; we have lessons to learn, improve or excel available for all ages. You can join our courses at any time and progress through the levels at your own pace, so all you need to do now is grab your swimming hat and make a splash!

It's as easy as that!

Learn an important life skill with our team of ASA qualified instructors.



COME AND HAVE A GO!

Please pre-book swimming lessons by contacting us on:

Yarborough Centre

Riseholme Road, Lincoln LN1 3SP
01522 873600

CONTACT US OR
VISIT US ONLINE AT

WWW.ACTIVENATION.ORG.UK



GUIDELINES

- Please note under 8's must be supervised by an adult
- Competent adult swimmers must supervise children and non swimmers in the water at all times
- Under 8's ratio: 1 adult – 2 children



PLEASE NOTE:

During the school holidays the daytime timetable changes to:

- Casual Swimming 10.00 – 16.30
- Lane Swim 12.30 – 13.30

Please be aware that on the first Tuesday of every month we run a staff training session during the early morning Lane Swimming session. The staff training session will occupy two lanes between 8.00 - 9.00.



POOL HYGIENE

Please help us to protect the cleanliness of our pool water by following a few simple guidelines below:

- For small children please use leak proof swim nappies
- Please shower before you swim
- Ensure that small children use the toilet before entering the pool
- Please do not swim for two weeks after suffering from diarrhoea.



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.



YARBOROUGH SWIMMING SCHEDULE

Valid from 1st April – 30th June 2012

6.30	MONDAY	6.30	TUESDAY	6.30	WEDNESDAY	6.30	THURSDAY	6.30	FRIDAY	6.30	SATURDAY	6.30	SUNDAY	6.30					
7.00	LANE SWIMMING	7.00	LANE SWIMMING*	7.00	LANE SWIMMING	7.00	LANE SWIMMING	7.00	LANE SWIMMING	7.00	LANE SWIMMING 6.55 – 7.55	7.00	SUB AQUA CLUBS	7.00					
7.30		7.30		7.30		7.30		7.30		7.30		7.30		7.30	7.30				
8.00		8.00		8.00		8.00		8.00		8.00		8.00		8.00	8.00	8.00	8.00	8.00	8.00
8.30		8.30		8.30		8.30		8.30		8.30		8.30		8.30	8.30	8.30	8.30	8.30	8.30
9.00	OVER 50s	PARENT & TODDLER	CASUAL SWIMMING	PARENT & TODDLER	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
9.30															9.30	9.30	9.30	9.30	9.30
10.00	CASUAL SWIMMING	PARENT & TODDLER	CASUAL SWIMMING	PARENT & TODDLER	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
10.30															10.30	10.30	10.30	10.30	10.30
11.00	CASUAL SWIMMING	PARENT & TODDLER	CASUAL SWIMMING	PARENT & TODDLER	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
11.30															11.30	11.30	11.30	11.30	11.30
12.00	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
12.30															12.30	12.30	12.30	12.30	12.30
13.00	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
13.30															13.30	13.30	13.30	13.30	13.30
14.00	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
14.30															14.30	14.30	14.30	14.30	14.30
15.00	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
15.30															15.30	15.30	15.30	15.30	15.30
16.00	**CASUAL SWIMMING	SWIMMING LESSONS 15.30 – 18.45	CASUAL SWIMMING	SWIMMING LESSONS 16.30 – 18.45	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
16.30															16.30	16.30	16.30	16.30	16.30
17.00	CASUAL SWIMMING	SWIMMING LESSONS 15.30 – 18.45	CASUAL SWIMMING	SWIMMING LESSONS 16.30 – 18.45	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	CASUAL SWIMMING (DEEP WATER)	SCHOOLS' SWIMMING	ADULT SWIM LESSONS	SUB AQUA CLUBS	SUB AQUA CLUBS					
17.30															17.30	17.30	17.30	17.30	17.30
18.00	COMPETITION CLUBS	AQUA 18.45 – 19.30	LANE SWIMMING	ADULT SWIM LESSONS	LANE SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	COMPETITION CLUBS	DIVING LESSONS	LANE SWIMMING	SWIMMING LESSONS 16.30 – 18.45	LANE SWIMMING	SUB AQUA CLUBS	SUB AQUA CLUBS					
18.30															18.30	18.30	18.30	18.30	18.30
19.00	CASUAL SWIMMING 19.30 – 21.40	CASUAL SWIMMING 19.30 – 21.40	CASUAL SWIMMING	SWIMMING LESSONS 16.30 – 18.45	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING	NATIONAL POOL LIFEGUARD TRAINING	CASUAL SWIMMING 18.45 – 21.40	SWIMMING LESSONS 16.30 – 18.45	LANE SWIMMING	SUB AQUA CLUBS	SUB AQUA CLUBS					
19.30															19.30	19.30	19.30	19.30	19.30
20.00	CASUAL SWIMMING 19.30 – 21.40	CASUAL SWIMMING 19.30 – 21.40	CASUAL SWIMMING	SWIMMING LESSONS 16.30 – 18.45	CASUAL SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING	NATIONAL POOL LIFEGUARD TRAINING	CASUAL SWIMMING 18.45 – 21.40	SWIMMING LESSONS 16.30 – 18.45	LANE SWIMMING	SUB AQUA CLUBS	SUB AQUA CLUBS					
20.30															20.30	20.30	20.30	20.30	20.30
21.00	LANE SWIMMING 21.45 – 22.45	LANE SWIMMING 21.45 – 22.45	LANE SWIMMING	SWIMMING LESSONS 16.30 – 18.45	LANE SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING 20.00 – 21.40	NATIONAL POOL LIFEGUARD TRAINING	LANE SWIMMING 21.45 – 22.45	SWIMMING LESSONS 16.30 – 18.45	LANE SWIMMING	SUB AQUA CLUBS	SUB AQUA CLUBS					
21.30															21.30	21.30	21.30	21.30	21.30
22.00	LANE SWIMMING 21.45 – 22.45	LANE SWIMMING 21.45 – 22.45	LANE SWIMMING	SWIMMING LESSONS 16.30 – 18.45	LANE SWIMMING	PARENT & TODDLER	SCHOOLS' SWIMMING	CASUAL SWIMMING 20.00 – 21.40	NATIONAL POOL LIFEGUARD TRAINING	LANE SWIMMING 21.45 – 22.45	SWIMMING LESSONS 16.30 – 18.45	LANE SWIMMING	SUB AQUA CLUBS	SUB AQUA CLUBS					
22.30															22.30	22.30	22.30	22.30	22.30
23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00	23.00					

YARBOROUGH LEISURE CENTRE PRICING

CASUAL SWIM	LANE SWIMMING SAVER (12 for the price of 10)	ADULT SWIM LESSONS (10 week course)	NATIONAL POOL LIFEGUARD TRAINING
Adult £3.10	Adult £32.50	Tuesday £48.00	£6.50
Student £2.45	Student £27.50	Thursday £30.00	
Family ticket £9.70	Concession £21.00	Saturday £31.00	
Concession £1.90			
Under 5 years £0.95			
LANE SWIMMING	PARENT & TODDLER	ZOGGS SWIM 4 FITNESS	
Adult £3.30	Parent & Toddler £2.95	Adult £4.00	
Student £2.75	Little Fins £4.90	Concession £2.00	
Concession £2.10	(10 week course)		
Over 50's £1.90			

KEY TO SWIMMING ACTIVITIES

LANE SWIMMING	SWIMMING LESSONS	SUB AQUA CLUBS	OVER 50's
CASUAL SWIMMING	COMPETITION CLUBS	DIVING LESSONS	PARENT & TODDLER
ADULT SWIM LESSONS	NATIONAL POOL LIFEGUARD TRAINING	AQUA	ZOGGS SWIM 4 FITNESS
SCHOOLS' SWIMMING			

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

Active Nation working in partnership with

