

THE QUAYS 'EDDIE READ' SWIMMING & DIVING COMPLEX PRICE LIST & SWIMMING TIMETABLE

Valid from 1st April – 30th June 2012

ACTIVE NATION

COME AND HAVE A GO!

CENTRE OPENING TIMES

Monday – Friday	07.00 – 21.30
Saturday – Sunday	09.00 – 18.00
Bank Holidays	09.30 – 16.30

* Swimming Pool closes at 21.00;
last entry to pool at 20.30

The Quays offers a wide range
of swimming and diving lessons.
Contact us on:

**The Quays 'Eddie Read'
Swimming & Diving Complex**
27 Harbour Parade
Southampton SO15 1BA
023 8072 0900

**CONTACT US OR
VISIT US ONLINE AT**

WWW.ACTIVENATION.ORG.UK

PRICES

SWIMMING

	STANDARD	OFF PEAK*
Adult swim 55 mins	£5.10	£4.00
Concessionary swim – 60+ and Juniors 55 mins	£3.25	£2.85
AquaFit 45 mins	£5.70	
Circuits 45 mins	£5.70	
Aquanatal 60 mins	£5.20	
Gym and lane swim (combined ticket) 120 mins	£6.90	
Adult and toddler swim 30 mins	£4.40	
Family Swim (2 adults & 3 children) 55 mins	£15.00	£12.50
Sauna/steam ticket	£7.40	
Swim4Fitness	£5.40	£3.90

* Off peak times for swimming are:
Mon – Fri 07.30 – 16.00. Last ticket sold 15.15



FITNESS

	STANDARD	OFF PEAK*
Gym – induction 60 mins	£20.00	
Youth Fitness Academy (YFA) induction	£6.50	
GYM – individual 90 mins	£7.40	£6.00
Youth Fitness Academy (YFA)	£2.80	
Youth Fitness Academy Graduate (16-17)	£3.70	
Group fitness classes (aerobics)	£5.50	
Yoga classes from	£5.50	
Later Years session (50+)	£4.20	

* Off peak times for the gym are:
Mon – Fri 07.00 – 16.00. Last ticket sold 15.15

FACILITY HIRE (1 HOUR)

Studio 1 hire (before 20.30)	£50.00
Studio 2 hire	£52.00
Conference room hire	£37.00
Crèche room hire*	£26.00



CHILDREN'S ACTIVITIES

Crèche* per hour	£3.90
Toddler gym 60 – 120 mins	£3.80
Yoga Bugs 45 mins	£4.40

GENERAL

Spectator	£1.50
Showers	£3.00

* Subject to change during school holidays



PLEASE NOTE

- All people using sauna/steam must have a wrist band which can be purchased at reception or they may be asked to leave.
- 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.**



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.



LEISURE POOL NOTES

1. Adult & Child Swim Lessons – pool unavailable for public use.
2. Adult & Toddler Swim – sessions are unstructured public sessions and are limited to children aged 5 years and under accompanied by an adult.
3. Adult & Child Swim – sessions are unstructured public sessions and are limited to children aged 12 years and under accompanied by an adult.



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:

- ▶ Main & Leisure pool
- ▶ Diving pool

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
05.30	SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB															
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07.30	SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB								SWIM CLUB							
08.00	EARLY MORNING SWIM								EARLY MORNING SWIM								EARLY MORNING SWIM								EARLY MORNING SWIM								EARLY MORNING SWIM								SWIM CLUB								SWIM CLUB															
08.30	EARLY MORNING SWIM								EARLY MORNING SWIM								EARLY MORNING SWIM								EARLY MORNING SWIM								EARLY MORNING SWIM								SWIM CLUB								SWIM CLUB															
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LEISURE POOL TIMETABLE

09.00	ADULT & CHILD SWIM LESSONS ¹ 9.45am – 11.30am	09.00	ADULT & TODDLER SWIM ² 10.00 – 12.00	09.00	ADULT & TODDLER SWIM ² 10.00 – 12.00	09.00	SWIM LESSONS 10.00 – 11.45	09.00	SWIM LESSONS 09.00 – 11.30	09.00	ADULT & CHILD SWIM ³ 09.00 – 10.00am	09.00	ADULT & CHILD SWIM ³ 09.00 – 10.00am
12.00	PUBLIC SWIM 11.30 – 20.00	12.00	PUBLIC SWIM 12.00 – 20.00	12.00	PUBLIC SWIM 12.00 – 20.00	12.00	PUBLIC SWIM 12.00 – 20.00	12.00	PUBLIC SWIM 11.30 – 20.00	12.00	PUBLIC SWIM 10.00 – 17.00	12.00	PUBLIC SWIM 10.00 – 18.00
15.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	15.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	15.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	15.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	15.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	15.00	(FLUME 10.00 – 17.00 SUBJECT TO STAFF LEVELS)	15.00	(FLUME 10.00 – 17.45 SUBJECT TO STAFF LEVELS)
18.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	18.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	18.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	18.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	18.00	(FLUME 16.00 – 18.45 SUBJECT TO STAFF LEVELS)	18.00	BIRTHDAY PARTY 17.00 – 18.00	18.00	(FLUME 10.00 – 17.45 SUBJECT TO STAFF LEVELS)

KEY TO MAIN AND LEISURE POOL ACTIVITIES

LANE SWIM	LESSONS	SWIM CLUB	SOLENT UNIVERSITY SWIM	LADIES SWIM	TRI-CLUB	ADULT & CHILD SWIM LESSONS	ADULT & TODDLER SWIM	DISABILITY SWIM LESSONS
DEEP WATER AQUA FIT	ADULTS ONLY	MASTERS SWIM CLUB	SWIMFIT	PUBLIC SWIM	FAMILY SWIM	ADULT & CHILD SWIM	PRIVATE HIRE	LEARN TO SWIM TO DIVE

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

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[Diving pool](#)



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DIVING 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								
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20.30																																																																

KEY TO DIVING POOL ACTIVITIES

PRIVATE HIRE	LESSONS	LATER YEARS (50+)	STUNTMAN TRAINING	SWIM TOTS LESSONS	DIVE PARTY
WATER POLO	SWIMMING LESSONS	DIVING ACADEMY	AQUA CIRCUITS	DIVEABILITY LESSONS	
ELITE DIVERS	GP REFERRAL AQUAFIT	PUBLIC SWIM	DISABILITY SWIM	SCHOOL LESSONS	

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