

For School holiday times please call reception or visit our website [www.leisurecentre.com](http://www.leisurecentre.com)

# MAIN POOL TERM TIME

Northcroft Leisure Centre : Newbury : Berkshire  
RG14 1RS Tel: 01635 31199

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON		EARLY MORNING SWIM	MORNING SWIM	GENERAL SWIM	AQUAFIT						AQUAZONE		GENERAL SWIM LIFESAVING CLUB	NEWBURY SWIM CLUB				
TUES		EARLY MORNING SWIM		SCHOOLS			AQUAFIT	GENERAL SWIM			AQUAZONE		GENERAL SWIM	DISABILITY SWIM		GENERAL SWIM		
WED		EARLY MORNING SWIM		SCHOOLS			GENERAL SWIM				AQUAZONE		GENERAL SWIM NEWBURY SWIM CLUB		AQUAFIT	GENERAL SWIM		
THUR		EARLY MORNING SWIM	MORNING SWIM STAFF TRAINING	SCHOOLS			GENERAL SWIM AQUAFIT						NEWBURY SWIM CLUB			GENERAL SWIM		
FRI	NEWBURY SWIM CLUB	EARLY MORNING SWIM		SCHOOLS			GENERAL SWIM				AQUAZONE		GENERAL SWIM NEWBURY SWIM CLUB					
SAT			AQUAZONE		GENERAL SWIM								PRIVATE HIRE					
SUN				GENERAL SWIM									NEWBURY SWIM CLUB					

### SESSION DESCRIPTIONS:

Early Morning Swim : The early bird catches the worm. Slow, medium and fast lanes available for all abilities. Discounts apply to General Swim Times.

General Swim : Swimming for everyone including lanes.

Schools : Pool closed to public for educational lessons.

Newbury Swim Club : The pool is closed to the public although please visit the club website [www.ndsc.co.uk](http://www.ndsc.co.uk) for more information on the swimming club.

Aquazone : Swimming lessons for all ages, please contact reception or the Area Aqua zone co-ordinator for more details.

AquaFit : For all those people that enjoy a workout in water to music. This class is unique in its non-weight bearing approach to exercise using the water as a great resistance to tone up those bodies. (For ages 16+).

Disability Swim : Registered disabled swimmers only, Hoist available, Carers' swim free.

Mat Madness : Swimming session open to all with the use of mats, balls and toys. Great for the kids.

Water Fun Time : A fun play session where toys are out to use and a Qualified Instructor is on poolside to offer advice.

# swimming



Working in partnership with your Local Authority.

# LEARNER POOL TERM TIME

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
MON					AQUAZONE				WATER FUN TIME	GENERAL SWIM		AQUAZONE	GENERAL SWIM					
TUES				SCHOOLS			AQUAZONE		GENERAL SWIM		AQUAZONE	GENERAL SWIM						
WED				SCHOOLS			AQUAZONE		GENERAL SWIM		AQUAZONE	GENERAL SWIM						
THUR				SCHOOLS			GENERAL SWIM	WATER FUN TIME	GENERAL SWIM									
FRI				SCHOOLS			AQUAZONE		GENERAL SWIM		AQUAZONE	GENERAL SWIM						
SAT			AQUAZONE		GENERAL SWIM													
SUN			AQUAZONE	GENERAL SWIM														

## GENERAL TERMS AND CONDITIONS:

- All children who are not toilet trained must wear a swim nappy (Purchasable from reception).
- All children under the age of 4 need to be supervised on a 1:1 ratio, by a competent adult (Over 16 years).
- Children between the ages of 4 and 8 need to be supervised on a 2:1 ratio, by a competent adult (Over 16 years).
- Children over 8 can swim unsupervised.
- The lockers are non-returnable 10p (Small) or 20p (Large).
- Last entry to either pool is 30 minutes prior to the end of the session.

# swimming



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