



Swimming Guide

Spring/Summer 2012

Elmbridge Xcel Leisure Complex
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Walton on Thames
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www.elmbridgexcelleisurecomplex.co.uk



“Swimming is one of the best workouts - it's a great all-body toner and works all major muscle groups...”

What session is right for you?

If you want to enjoy a **relaxing swim** (▲) you should consider the following sessions: All Welcome, Senior Swim, Adult Swim and the Family/Junior sessions. These will enable you to enjoy being in the pool, gain confidence in the water and enjoy time with family and friends.

If you are looking for more of a **fitness swim** (●) you should consider the following sessions: All Welcome, Adult Lane Swim Aquafit, Aqua Circuits and Aqua Dance. These will provide you with the opportunity to focus on swimming a certain number of lengths or to enjoy a water based fitness class that will tone and shape.

British Gas Swimfit

Developed by swimming experts at the ASA, Swimfit, powered by British Gas, is your FREE online and pool-side club that provides you with a gym style work-out programme for the pool.

British Gas Swimfit engages you in swimming based on your motivation for working-out, whether you are seeking to maintain your health, shape up and tone your body, reach your peak fitness level or compete at swimming competitions.

It has loads of features to help you make the most of your time in the pool.

- Swimming sessions designed to keep you motivated
- Gives structure to your pool time
- Swimming related information to cater to all levels
- Allows you to set yourself swimming goals and chart your progress towards them
- Keeps a record of your time in the pool
- Four different sections to cater for different levels and goals; Health, Shape up and Tone, Fitness and Competitive

British Gas Swimfit is available at www.swimfit.com



Please Note - swim supervision policy

Children under 8 years old must be accompanied by a parent/adult 18 years or over throughout the use of this facility. A ratio of no more than 3 children per adult are allowed in the water.

- Our sauna, steam and spa pool are open to those aged 16 years and over.
- Teaching pool sessions will not be laned.
- In accordance with our Health & Safety Policy, bathers are required to exit the pool whilst lifeguards conduct lane rope change over.
- Handle paddles may only be worn in the fast lane of the adult lane swim sessions. These paddles must not be larger than the user's hand.
- For Gala events on a Sunday, the Main Pool will close at 4.30pm and the Teaching Pool will offer an All Welcome Swim 4.30pm – 9.00pm.

Timetable available in large format. Contact reception for details.

Don't forget!

- 1) Your costume
- 2) Your towel
- 3) £1 for your locker (refundable)



Main Pool

Monday

		Double Lanes
6.00am – 9.00am	Adult Lane Swim	4
9.05am – 12.00pm	All Welcome	2
12.05pm – 1.30pm	All Welcome Lane Swim	4
1.35pm – 3.00pm	All Welcome	0
3.00pm – 4.00pm	Senior Swim	2
3.00pm – 4.00pm	Disabled Swim	2
4.00pm – 6.00pm	All Welcome	0
6.15pm – 7.45pm	All Welcome	0
8.00pm – 10.00pm	Adult Lane Swim	4

Tuesday

6.00am – 9.00am	Adult Lane Swim	4
9.05am – 12.00pm	All Welcome	2
12.05pm – 1.30pm	All Welcome Lane Swim	4
1.35pm – 3.00pm	All Welcome	0
3.00pm – 4.00pm	All Welcome	2
4.00pm – 5.30pm	All Welcome	0
5.35pm – 7.30pm	All Welcome	1 single
8.35pm – 10.00pm	Adult Lane Swim	4

Wednesday

6.00am – 9.00am	Adult Lane Swim	4
9.05am – 12.00pm	All Welcome	2
12.05pm – 1.30pm	All Welcome Lane Swim	4
3.00pm – 4.00pm	Senior Swim	2
3.00pm – 4.00pm	Disabled Swim	2
4.00pm – 5.45pm	All Welcome	0

Thursday

6.00am – 9.00am	Adult Lane Swim	4
9.05am – 12.00pm	All Welcome	2
12.05pm – 1.30pm	All Welcome Lane Swim	4
1.35pm – 3.00pm	All Welcome	0
3.00pm – 4.00pm	All Welcome	2
4.00pm – 6.00pm	All Welcome	0
6.15pm – 7.50pm	All Welcome	1
8.00pm – 9.30pm	Adult Lane Swim	2
9.30pm – 10.00pm	Adult Lane Swim	4

Friday

6.00am – 9.00am	Adult Lane Swim	4
9.05am – 12.00pm	All Welcome	2
12.05pm – 1.30pm	All Welcome Lane Swim	4
1.35pm – 3.00pm	All Welcome	0
3.00pm – 4.00pm	Senior Swim	2
3.00pm – 4.00pm	Disabled Swim	2
4.00pm – 6.00pm	All Welcome	0
6.00pm – 6.45pm	All Welcome	2
9.00pm – 10.00pm	Adult Lane Swim	4

Saturday

7.00am – 8.00am	Adult Lane Swim	4
8.05am – 12.00pm	All Welcome	0
12.00pm – 4.00pm	All Welcome	2
4.00pm – 5.30pm	Family/Junior Fun Session	2
5.30pm – 9.00pm	All Welcome*	2

Sunday

8.05am – 3.30pm	All Welcome	2
3.30pm – 4.45pm	Family/Junior Fun Session*	2
8.00pm – 9.00pm	Adult Lane Swim*	4

Teaching Pool

Monday

		Floor Height
9.30am – 10.25am	Aqua Dance	1.2m
10.30am – 12.00pm	Family/Junior Swim	0.7m
3.00pm – 4.00pm	All Welcome	1.0m
6.00pm – 7.00pm	Family/Junior Swim	0.7m
7.00pm – 7.50pm	Aqua Fit	1.2m
8.00pm – 8.50pm	Aqua Fit	1.2m

Tuesday

10.30am – 11.30am	Family/Junior Swim	1.0m
11.30am – 12.00pm	Family/Junior Swim	0.7m
3.00pm – 3.30pm	Family/Junior Swim	1.0m
3.30pm – 4.00pm	Family/Junior Swim	0.7m
6.00pm – 7.30pm	Family/Junior Swim	0.7m
7.35pm – 8.30pm	All Welcome	1.2m

Wednesday

9.30am – 10.20am	Aqua Fit	1.2m
10.30am – 12.00pm	Family/Junior Swim	0.7m
3.00pm – 4.00pm	All Welcome	1.0m
6.05pm – 8.30pm	All Welcome	1.2m
8.30pm – 10.00pm	Adult Leisure Swim	1.2m

Thursday

11.00am – 12.00pm	Family/Junior Swim	0.7m
3.00pm – 4.00pm	Family/Junior Swim	0.7m
6.00pm – 7.00pm	Family/Junior Swim	0.7m
7.00pm – 7.50pm	Aqua Circuits	1.2m

Friday

9.30am – 10.25am	Aqua Fit	1.2m
10.30am – 12.00pm	Family/Junior Swim	0.7m
3.00pm – 4.00pm	All Welcome	1.0m
6.00pm – 6.45pm	Family/Junior Swim	0.7m
6.50pm – 9.00pm	All Welcome	1.2m

Saturday

12.00pm – 5.30pm	Family/Junior Swim	0.7m
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Sunday

11.00am – 4.45pm	Family/Junior Swim	0.7m
4.50pm – 8.00pm	All Welcome	1.2m

Please see back page for swimming session descriptions.

*Check availability in advance as pool may close early for galas.

Activities & Lanes are subject to change and availability



Changes to timetable during School Holidays

Monday – Friday

12.05pm – 1.30pm All Welcome Lane restricted to MP

2 double lanes
& 1 single front crawl lane

2.00pm – 3.00pm Family/Junior Fun Session MP

2.00pm – 3.00pm Additional Family/Junior Swim TP

Monday, Wednesday, Friday

3.00pm – 4.00pm Senior/Disabled restricted to half a pool MP *1

3.00pm – 4.00pm Additional All Welcome Swim MP *1

Wednesday

1.30pm – 2.00pm Additional All Welcome Swim MP

Tuesday & Thursday

9.15am – 10.30am Additional Family/Junior Swim TP



Descriptions

All Welcome ▲ ●

Open to swimmers of all abilities.

All Welcome Lane Swim ▲ ●

Open to all swimmers.

Adult Lane Swim ▲ ●

Open to swimmers aged 16 yrs and over.

Family/Junior Swim ▲

Ideal for parents/guardians and children to enjoy quality family time and fun in the pool & to practice strokes & techniques learned in our Swimming Academy Programme.

Aqua Fitness Classes ●

Water based aerobic workout for all levels utilising the water as resistance. Contact reception for our Class Timetable.

Family/Junior Fun Sessions ▲

Ideal for parents and children to have fun in the pool, includes floats.

Family Swim ▲

Ideal for parents and children to enjoy quality family time whilst having fun in the pool.

Senior Swim ▲

Session aimed at swimmers over 60 years of age.

Disabled Swim ▲

Open to swimmers with a disability. Carers/helpers welcome.

Swimming Academy

All of our lessons are taught by qualified instructors who will help to develop confidence both in and around the water. Please ask at reception for enrolment details.

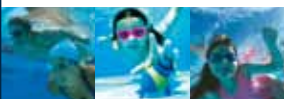
- **Easy payment options**
- **Continuous assessment**
- **Free swimming available during All Welcome & Family/Junior sessions**
- **Range of days and times available to suit your needs**

To enrol onto the Swimming Academy, contact them on 01932 260311 or see reception.



Swim in style!

Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **ULTEX** chlorine proof swimwear.



At Zoggs we have a passion for swimming, we want to share that passion with you!