

Sport & Leisure Programme

2011 / 2012



The Hurst Pool
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www.thehurstpool.co.uk



Welcome

to The Hurst Pool

On behalf of DC Leisure and the staff of The Hurst Pool, we would like to extend a very warm welcome to all of our regular customers and to those of you visiting the pool for the first time. This leaflet has been designed to enable you to see at a glance the full range of facilities and activities available, in order to plan your leisure time for the whole family.

Customer Care Policy & Customer Comments

We endeavour to provide a quality service by supplying a varied programme of activities in clean, comfortable facilities with efficient, knowledgeable and courteous staff.

We continually strive to improve and monitor the facilities, activities and service we provide. We rely on feedback from our customers. So we would appreciate your help in completing a customer comments form, located at reception, with any observations and feedback regarding your visit. Alternatively you can email your feedback to enquiries@thehurstpool.co.uk

For contact details of The Hurst Pool please refer to the back page of this leaflet.

All information is correct at time of print, however you should be aware that in order to maintain the best possible service we are regularly updating various details.

Opening Times

Monday to Friday 7.00am – 10.00pm
Saturday 7.00am – 5.00pm*
Sunday 7.00am – 6.00pm

*Pool available for hire between
5.30pm – 9.00pm

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Swimming Academy

LEARNING TO SWIM

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.

PARENT & BABY – 4 MONTHS TO 18 MONTHS PARENT & TODDLER – 18 MONTHS TO 2½ YEARS AQUATOTS – 2½ TO 3½

Designed to introduce very young children and their parents/guardians to the environment and pleasure of water.

PRE SCHOOL DUCKLINGS SCHEME

As your child is more able to understand simple instructions they will be taught the basics involved in becoming a confident swimmer.

NATIONAL TEACHING PLAN FOR TEACHING SWIMMING

Stages 1 to 10: Is an 'all inclusive programme' which takes the non-swimmer from his or her first splash to developing confidence and competence in the water.



Please contact our Swim Academy department on 020 8941 6544 or email enquiries@thehurstpool.co.uk for further details on our swimming lessons.

ADULT LESSONS

Learn to swim or improve your stroke.

Monday 7.30pm – 8.15pm

Wednesday 6.30pm – 8.00pm

Friday 10.30am – 11.15am

(Suitable for non-swimmers to improvers).

INDIVIDUAL LESSONS – 3 YEARS AND OVER

Individual swimming lessons are available for both adults and children. These lessons will enable you to learn at your own pace and are suitable for all abilities. Lessons can be arranged at a time to suit you within All Welcome sessions.



Amateur Swimming Association Facilities
Operator of the Year 2010/11.



Swimming Timetable

Main Pool

Monday

7.00am – 8.55am
12.00pm – 1.25pm
3.00pm – 4.00pm
5.35pm – 6.50pm
9.00pm – 10.00pm

All Welcome Lane Swim
Adult Lane Swim
All Welcome Swim*
All Welcome Swim*
Adult Lane Swim

Tuesday

7.00am – 8.55am
9.00am – 12.00pm
12.00pm – 1.25pm
1.30pm – 3.00pm
3.00pm – 4.00pm
6.00pm – 6.50pm
8.30pm – 10.00pm

All Welcome Lane Swim
All Welcome Swim
Adult Lane Swim
All Welcome Swim*
Disabled Swim/50 Plus Club
All Welcome Swim*
Adult Leisure Swim

Wednesday

7.00am – 8.55am
9.00am – 12.00pm
9.30am – 10.15am
12.00pm – 1.25pm
1.30pm – 4.00pm
8.00pm – 9.00pm
9.00pm – 10.00pm

All Welcome Lane Swim
All Welcome Swim*
Water Workout
Adult Lane Swim
All Welcome Swim*
Water Workout
Adult Lane Swim

Thursday

7.00am – 8.55am
12.00pm – 1.25pm
1.30pm – 3.00pm
3.00pm – 4.00pm
6.00pm – 6.50pm
9.00pm – 10.00pm

All Welcome Lane Swim
Adult Lane Swim
All Welcome Swim*
Disabled Swim/50 Plus Club
All Welcome Swim*
Adult Lane Swim*

Friday

7.00am – 8.55am
12.00pm – 1.25pm
1.30pm – 4.00pm
6.00pm – 7.25pm
7.30pm – 8.25pm
8.30pm – 10.00pm

All Welcome Lane Swim
Adult Lane Swim
All Welcome Swim
All welcome Swim*
Adult Lane Swim
Adult Leisure Swim

Saturday

7.00am – 8.30am
11.00am – 12.00pm
12.00pm – 1.25pm
1.30pm – 3.30pm
3.45pm – 5.00pm

All Welcome Swim
All Welcome Swim*
Adult Lane Swim
All Welcome Swim
Fun Session

Sunday

7.00am – 12.00pm
12.00pm – 1.25pm
1.45pm – 3.00pm
3.15pm – 5.50pm
6.00pm – 6.45pm

All Welcome Swim*
Adult Lane Swim
Fun Session
All Welcome Swim
Water Workout

Learner Pool

Monday

12.00pm – 3.30pm
6.00pm – 7.00pm

Family/Junior Swim*
Family/Junior Swim

Tuesday

9.00am – 3.00pm
3.00pm – 4.00pm

Family/Junior Swim*
Disabled Swim/50 Plus Club
& Family Swim
Family/Junior Swim*

6.00pm – 7.00pm

Wednesday

9.00am – 4.00pm

Family/Junior Swim*

Thursday

12.00pm – 3.00pm
3.00pm – 4.00pm

Family Junior Swim*
Disabled Swim/50 Plus Club
& Family Swim
Family/Junior Swim*

6.00pm – 7.00pm

Friday

12.00pm – 4.00pm
6.00pm – 7.00pm

Family/Junior Swim*
Family/Junior Swim

Saturday

7.00am – 8.00am
11.00am – 3.45pm
3.45pm – 4.45pm

Family/Junior Swim
Family/Junior Swim
Mini Mats

Sunday

7.00am – 9.00am
11.00am – 1.30pm
1.30pm – 3.00pm
3.00pm – 4.00pm

Family/Junior Swim*
Family/Junior Swim
Mini Mats
Family/Junior Swim

* Restricted swimming due to other activities.



General Information

Children under 8 years old **must** be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities.

Maximum ratio of 3 children to 1 adult. Those supervising must accompany the children in the water.

Swimming Timetable

Swimming is probably the best form of all round exercise available. It is also a great way to relax and refresh yourself after a stressful day. For the more serious swimmer we have an extensive programme of swimming lessons and courses available.

Why should I swim?

Swimming is a great way to get a trimmer body and improve your general health and fitness. Whether you are splashing around with your children, swimming a few lengths a week or joining in a water workout class your health will still benefit. Because the water supports your weight the stress on your joints is much less, making it an activity suitable for all ages and abilities.

Swimming Memberships

Unlimited swimming all year round during All Welcome and Adult Sessions

	Monthly (By Direct Debit)	Annually
Adult	£29.40	£294.00
Junior	£14.70	£147.00
Senior	£13.15	£131.25

Or take advantage of our 10 Visit Saving Card which offers fantastic value for money.

	Non-member	more Card
Adult	£37.80	£31.05
Junior	£18.85	£15.30
Senior	£17.10	£13.95
Disabled	£13.50	£11.25

Prices

	Non-member	more Card Member
Adult Swim	£4.20	£3.45
Junior Swim	£2.10	£1.70
Senior Swim	£1.85	£1.55
Disabled	£1.50	£1.25
Under 3s	Free	Free
Family Swim	£10.05	£9.25
Concessionary Swim		
Adult Swim	£1.85	£1.55
Child Swim	£0.70	£0.70
Water Workout	£5.50	£5.00
Car Park	Free	Free
Locker Hire (returnable)	£1.00	£1.00
Spectator	Free	Free
Hair dryers	20p	20p

Please Note: Income support and family credit cards must be shown at every visit.



Activity Sessions at Hurst Pool

Water Workout

Come and try a work out in the water, and improve your fitness with stretching and toning exercises. Suitable for swimmers and non-swimmers.

Wednesday 9.30am to 10.15am

Wednesday 8.00pm to 8.55pm

Sunday 6.00pm to 6.45pm

50 Plus Club

Enjoying an active lifestyle has an enormous range of potential health benefits. In addition to participating in physical activity an active lifestyle can also have a number of psychological benefits.

The 50 Plus club is designed to encourage the more mature customer to undertake physical activity. These take place at the following times:

Tuesday 3.00pm – 4.00pm

Thursday 3.00pm – 4.00pm



Children's Fun Sessions

During this session a 'Pool Inflatable' or 'Giant Mats' will be available. All children should be competent swimmers. Children **must** be 8 years or over unless accompanied by a parent or adult over the age of 18 years.

Saturday 3.45pm – 5.00pm

Sunday 1.45pm – 3.00pm

Crash Courses

Throughout the school holidays The Hurst Pool offers intensive swimming courses for a variety of ages. These range from complete beginner lessons, booster lessons, stroke technique, diving, competitive starts, snorkelling and many other activities. For a full timetable of these great learning sessions please ask at reception.





Dive in with us!



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



www.zoggs.com

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

Ultimate Birthday Party

Let us take the stress and strain out of organising your Party! The Hurst Pool offers the perfect location for any party – all your child has to do is invite their friends and have fun.

Come along and enjoy splashing around on the Inflatable or Giant Mats in the Main Pool or the Mini Mats in the Learner Pool.

The foyer area is available should you wish to have food. Please note: There is limited seating available.

Parties in the Learner Pool are for the under 8 year age group, children will need to be supervised by an Adult/Parent over 18 years of age on a ratio of 3 children per Adult.

Inflatable Parties in the Main Pool are aimed at swimmers aged between 8 to 14 years of age.

Prices

	Non Member	Member
Main Pool	£193.30	£174.05
Teaching Pool	£129.20	£116.40



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LET'S TALK ABOUT YOUR WORKOUT



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IMPROVE YOUR WORKOUT
ONLY 50 CALORIES