

MONDAY

7.00 – 8.55	Early Dookers
8.55 – 10.40	Academy Lessons (except 11th, 18th Jan, 15th Feb, 29th Mar: General Public)
10.40 – 12.30	Academy Lessons (except 15th Feb, 8th, 15th, 22nd, 29th March: General Public)
12.30– 1.45	“The Rush Hour”
1.45 – 3.30	Lessons/Quiet Swim Deep End
3.30 – 6.15	Pool closed for lessons
6.15 – 7.30	General Public
7.30 – 10.00	Ladies Night

TUESDAY

7.00 – 8.45	Early Dookers
8.45 – 9.45	Over 50's
9.45 – 10.50	General Public (except 5th and 12th Jan: Academy Lessons)
10.55 -12.30	Academy Lessons (except 5th, 12th, 19th, 26th Jan, 16th Feb, 30th March: General Public)
12.30 –1.45	“The Rush Hour”
1.45 - 2.40	Academy Lessons (except 16th, 23rd Feb, 2nd, 9th, 16th, 23rd, 30th March)
2.40- 3.30	General Public
3.30 – 6.30	Pool closed for lessons
6.30 – 7.30	Staff Training
7.30 – 8.30	Hydro-Actif
8.30 – 10.00	Lengths Only

WEDNESDAY

7.00 – 9.00	Early Dookers
9.00 – 11.40	General Public
11.40 – 12.30	Academy lessons (except 17th, 24th Feb, 3rd, 10th, 17th, 24th, 31st March)
12.30 – 1.45	“The Rush Hour”
1.45 – 3.30	Lessons/Quiet Swim Deep End
3.30 – 6.15	Pool closed for lessons
6.15 – 8.15	General Public
8.15 – 10.00	Adults Only

THURSDAY

7.00 – 8.45	Early Dookers
8.55 – 10.55	General Public
10.55 -11.50	Academy Lessons (except 18th, 25th Feb, 4th, 11th, 18th, 25th March, 1st April: General Public)
11.50 -12.30	Academy Lessons (except 4th, 11th, 18th, 25th March, 1st April: General Public)
12.30 – 1.45	“The Rush Hour”
1.45 – 2.40	Academy Lessons (except 25th Feb, 4th, 11th, 18th, 25th March, 1st April: General Public)
2.40 – 6.30	General Public
6.30 – 8.00	Children's Fun Sessions
8.00 – 10.00	Lengths Only (Adults & Children)

FRIDAY

7.00 – 8.45	Early Dookers
8.55 – 9.45	Over 50's
9.45 – 10.55	Academy Lessons (except 12th Feb, 19th, 26th March, 2nd April: General Public)
10.55 – 12.30	Academy Lessons (except 12th Feb, 2nd April: General Public)
12.30 – 1.45	“The Rush Hour”
1.45 – 3.30	Lessons/Quiet Swim Deep End
3.30 –6.15	Pool closed for lessons
6.15 – 7.30	General Public
7.30 – 10.00	Swimming & Lifesaving Club

SATURDAY

9.00 – 12.00	Pool closed for lessons
12.00 – 2.00	General Public with (Parent & Toddler in Shallow End)
2.00 – 3.00	Saturday Splash Time
3.00 – 7.30	Available for Hires

SUNDAY

9.00 – 10.00	Lengths Only (Adults & Children)
10.00 – 5.00	General Public with (Parent & Toddler in Shallow End 10.00 –12.00)
5.00 – 7.00	Swimming Club

TIMETABLE CHANGES

Although every effort has been made to ensure that the details below are correct, management reserve the right to amend times and sessions during the duration of this programme. Any reduction in School use or other changes will be publicised on the white notice board at the earliest opportunity. We apologise for any inconvenience, which this may cause.

RECEPTION OPENING - Reception opens at 7am (Mon – Fri) & 9am (weekends) and closes at last admission, which is 40 minutes prior to closing time or certain sessions.

Reception is closed during pool hires

EARLY DOOKERS – Our early morning lengths only sessions for those wishing to start the day with some healthy exercise before work or school.

“THE RUSH HOUR” – Lengths session, which continues throughout the year, is for adults only. Two lanes are available for more serious swimmers.

PARENT & TODDLER – Whilst parents are welcome to bring the very young in during all general public periods, these shallow end sessions are intended to avoid their distraction / disturbance by older children / swimmers. Toys are available to maximise the fun of early visits to the pool and staff are always willing to offer advice.

KID'S FUN SESSIONS – For those aged 8 years to Primary 7, there are two sessions 6.30pm – 7.15pm & 7.15pm – 8.00pm. Bring your own inflatable, Mats & Stepping stones and “specials”. As places are limited, booking is recommended (up to 6 days in advance).

SATURDAY SPLASH TIME - A fun activity session for all the family, may include mats 'n' rafts, own inflatable's etc, dependent on numbers.

LANE SWIMMING – A lane may be available for “Tea time” / evening length swimming dependant on demand and activities taking place in the pool.

PRIVATE HIRES – Hires are ideal for birthday parties, work outings, youth organisations, etc. The pool can be hired on its own with a variety of equipment or organised games. Book early to avoid disappointment, as these are very popular.

ACADEMY FITNESS ROOM

This 18 station Fitness room equipped with a wide range of CV and fixed weight equipment is available for public use Mon – Fri 4.30 – 9.30 and Sat 9.30 – 4.30. For more information or to book an induction please ask at the Pool reception

SWIMMING TUITION – A comprehensive swimming tuition scheme is operated within the pool taught by qualified staff. This includes: **Block Lessons**- For children aged 5 years or over. These classes work through progressive standards of the Scottish Swimming Awards. Entry is via an assessment and waiting list. We also run **Parent & Toddler & 4 Splash lessons**, these can be booked at reception.

HYDRO-ACTIV – A water based Aerobic fitness class. Sessions can be booked six days in advance.

DIVING - into water less than 1.5m in depth is dangerous and is not allowed in the pool. Where diving is allowed (deep end) care should be taken to avoid other swimmers and obstructions. Only shallow dives should be performed.

ADMISSION CHARGES

SWIMMING

Adult	£2.85	Pool Hires
Concession*	£1.45	–
Under 5's	FREE	On Request
Family Ticket	£5.75 (up to the price of 2 adults and 3 children)	

12 SESSION TICKET

Adult	£28.50	Other activities please enquire
Concession*	£14.50	

6 MONTH TICKET

Adult	£94.00
Concession*	£47.00

Annual Ticket also available.

***CONCESSIONS** - *These apply to Children aged 5 – 15yrs (Inc), over 60's. Registered Disabled. Other concessions may apply – please ask at reception.*

Please Note: During busy sessions a band system may be introduced allowing a maximum of 1hr or a minimum of 40mins. However if the pool is quiet a maximum of 2hr in the water can be enjoyed.

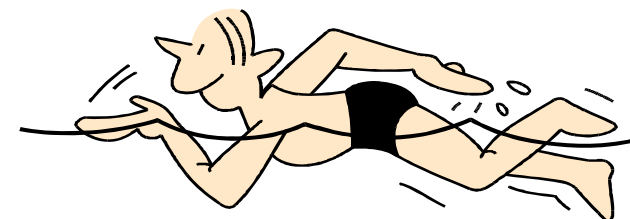
LOCKERS – are provided for the safety and security of your belongings. These require one 10p coin, which is refundable. Please do not leave belongings in cubicles on benches or in unlocked lockers, we cannot accept responsibility for them.

SAFETY NOTES

CHILDREN UNDER 8 YEARS OF AGE - must be directly accompanied and supervised by a responsible person (aged 16 years or over) at all times when in any part of the building. We recommend that an adult should supervise no more than 2 children aged 4 – 7 years or one child under 4 years of age. Children under 8 years of age may accompany parents in either changing room. Children aged 8 years or over must use the changing room for the correct gender.

Programme & Charges

**Tuesday 5th Jan –
Sunday 4th Apr 2010. (Inc)**



PORTLETHEN POOL

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Aberdeenshire
COUNCIL

