

# Contact Details & Map

# Hudson LEISURE CENTRE

## Children's Activities

We offer a wide range of activities for children including:

- **Swimming Lessons**
- **14 - 16 years in the Gym**
- **Junior Spinning**
- **Junior Active**
- **Coaching sessions including Trampoline, Gymnastics, Short Tennis, Football, Madhouse, Badminton, Cricket and Basketball.**

For more information please contact the Leisure Centre reception.

## Ambassador Membership

For those who want it all, but don't want to pay over the odds for it!

Our great value Ambassador memberships include unlimited use of the following:

- **Lifestyle Fitness Studio**
- **Health Suite**
- **Swimming Pool**
- **Fitness Classes**
- **Off Peak Badminton**



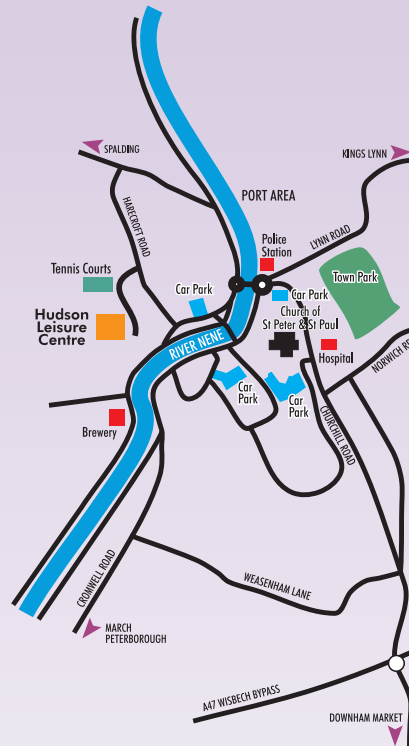
As an Ambassador member you can use the facilities at any of Fenland's three Leisure Centres for the price of one membership.

There is even better news if you are aged 16 - 18, over 60 or are claiming disability benefit as the Ambassador membership is discounted.

For more information and prices please contact reception or pick up a price list from the Leisure Centre.

## Corporate Membership

Discounts are available for individuals of local companies employing at least 5 people who sign up to our Corporate Membership scheme. Please contact the Leisure Manager at the Leisure Centre for more information.



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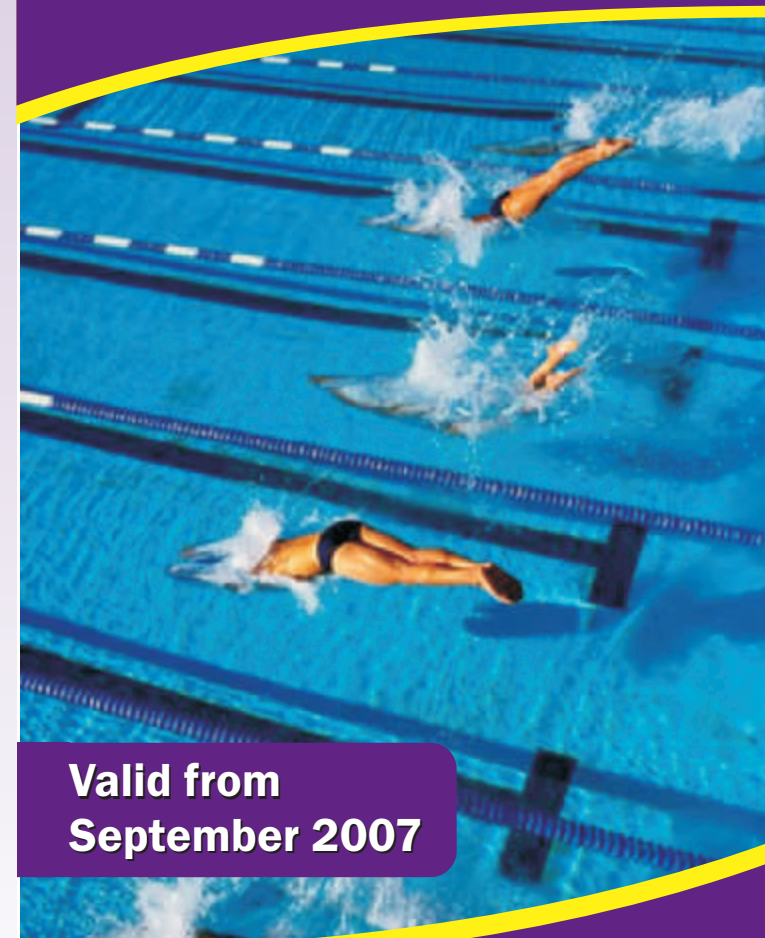


Fenland District Council

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## Swimming Pool



**Valid from  
September 2007**

Documents prepared by Fenland District Council are available in community languages, large print, Moon, Braille, audio cassette and electronic format upon request.



# Swimming Pool Timetable

		7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
<b>MONDAY</b>	Main Pool		Early Bird Swim 6.30-9.00		Schools 9.00-11.00	50+ Swim 11.00-12.00		Casual Swim 12.00-1.30	Schools 1.30-2.00	Aqua Tone 2.00-3.00	Schools 3.00-4.00	Lessons 4.00-5.00	Wisbech Swim Club 5.00-6.00	Casual Swim (2 lanes available for Adult Lane Swimming) 6.00-8.00		Ladies Only 8.00-9.00	Adult Swim 9.00-10.00
	Teaching Pool									Parents & Tots 2.00-3.00	Lessons 3.00-5.00						Adults Lessons 9.00-10.00
<b>TUESDAY</b>	Main Pool		Early Bird Swim 6.30-9.00		Schools 9.00-12.00			Adult Lane Swim 12.00-1.30	Adult Lessons 1.30-2.00	Ladies Only 2.00-3.00	Schools 3.00-4.00	Lessons 4.00-5.00	Casual Swim 5.00-6.00	Wisbech Swim Club 6.00-9.00			Adult Lane Swim 9.00-10.00
	Teaching Pool							Families & Under 8's 12.00-1.30	Schools 1.30-2.00	Lessons 2.00-3.00		Lessons 3.30-6.00					
<b>WEDNESDAY</b>	Main Pool		Early Bird Swim 6.30-9.00		Schools 9.00-12.00		Lunchtime Swim 12.00-1.30		Schools 1.30-2.30	Disabled Swim 2.30-4.00		Lessons 4.00-5.30		Casual Swim 5.30-7.00	Aqua Tone 7.00-8.00	Adults Only 8.00-9.00	Wisbech Swim Club & Lifesaving Club 9.00-10.00
	Teaching Pool						Lessons 11.30-1.30					Lessons 3.30-5.30					
<b>THURSDAY</b>	Main Pool		Early Bird Swim 6.30-9.00		Schools 9.00-12.00		Adult Lane Swim 12.00-1.30		Schools 1.30-2.30	50+ Swim 2.30-4.00		Lessons 4.00-5.00	Casual Swim (including Swim Lessons) 5.00-6.30	Wisbech Swim Club 6.30-10.00			
	Teaching Pool						Families & Under 8's 12.00-1.30					Lessons 3.30-5.00					
<b>FRIDAY</b>	Main Pool		Early Bird Swim 6.30-9.00		Schools 9.00-12.00		Lunchtime Swim 12.00-1.30		Schools 1.30-3.00	50+ Swim 3.00-4.00		Casual Swim (2 lanes available for Adult Lane Swimming) 4.00-7.00		Adults Only 7.00-8.00			
	Teaching Pool						Parents & Tots 12.00-1.30					Lessons 3.30-7.00		Adults Lessons 7.00-8.00			
<b>SATURDAY</b>	Main Pool			Casual Swim (2 lanes available for Adult Lane Swimming) 8.30-10.00		Lessons 10.00-12.00		Casual Swim 12.00-2.00		Fun Splash 2.00-3.00		Casual Swim 3.00-5.00		Private Hire 5.00-8.00			
	Teaching Pool			Lessons 8.30-2.00													
<b>SUNDAY</b>	Main Pool			Adults Only 8.00-9.00				Wisbech Swim Club 12.30-2.00		Casual Swim 2.00-3.30		Family Fantasia (Under 16's with parent only) 3.30-5.00	Private Hire/ Birthday Parties 5.00-6.00	Private Hire/ Staff Training 6.00-7.00			
	Teaching Pool				Casual Swim 9.00-12.30			Lessons 12.30-2.00									

## General Information

- Children under 8 years must be accompanied by a parent or responsible adult in the water who is over 16 years in the pool at all times.
- For safety reasons, one adult to two children under 8 years and one adult to every child under 4 years (IRSM Guidelines).
- The responsible adult or parent must maintain a constant watch over the children whom they are responsible for, and be in close contact with those children who are WEAK or NON-SWIMMERS.
- For the Families & Under 8's session it is one adult to every two children under 4 years.
- Please be advised to read the SWIMMING POOL SAFETY CODES on display in the Reception before you go swimming.

## Swimming Pool Membership

Saving money is easy for regular users with our great value swimming pool membership. Available as either a monthly or annual pass.

Membership includes UNLIMITED use of:

- Early Bird Swim
- Casual Swim
- Lunchtime Swim
- Ladies Only
- Adults Only
- 50+ Swim
- Fun Splash
- Parents & Tots

Ask at reception or pick up a price list to see how much you could be saving.

## School Holidays

We offer an extended swimming programme during the school holidays. Pick up a leaflet for further details.