

# Customer Information

## Benefits of Swimming

- Exercises virtually every muscle in the body
- Tones muscles with little or no injury
- Relieves stress and provides a relaxing environment
- Helps to assist any weight loss programme
- Promotes cardio-vascular fitness
- Is very suitable for everybody

## Swimming Safety

- Children under 8 years must be accompanied by a parent or a responsible adult who is over 16 years of age in the pool
- No more than 2 under 8's per adult
- Children under 4 require 1:1 supervision (IRSM guidelines)
- Staff training may take place during Casual Swim sessions
- Adult only sessions are for 16 years or older



## Swimming Membership

We offer a variety of swimming membership packages.

<b>Monthly Adult</b>	<b>£23.70</b>
<b>Monthly Concession</b>	<b>£14.20</b>
<b>Annual Adult</b>	<b>£237.00</b>
<b>Annual Concession</b>	<b>£142.00</b>

## Swim 4 Fitness

During the following times in the main pool there will be Swim 4 Fitness sessions where up to 3 lanes may be in use.

<b>MONDAY</b>	8.30pm - 10.00pm	
<b>TUESDAY</b>	12.00pm - 2.00pm	
<b>WEDNESDAY</b>	7.00am - 9.00am	
<b>THURSDAY</b>	12.00pm - 2.00pm	8.30pm - 10.00pm

## Private Swimming Lessons

In the main pool there may be private lessons taking place during the following times. \* Indicates school holidays only.

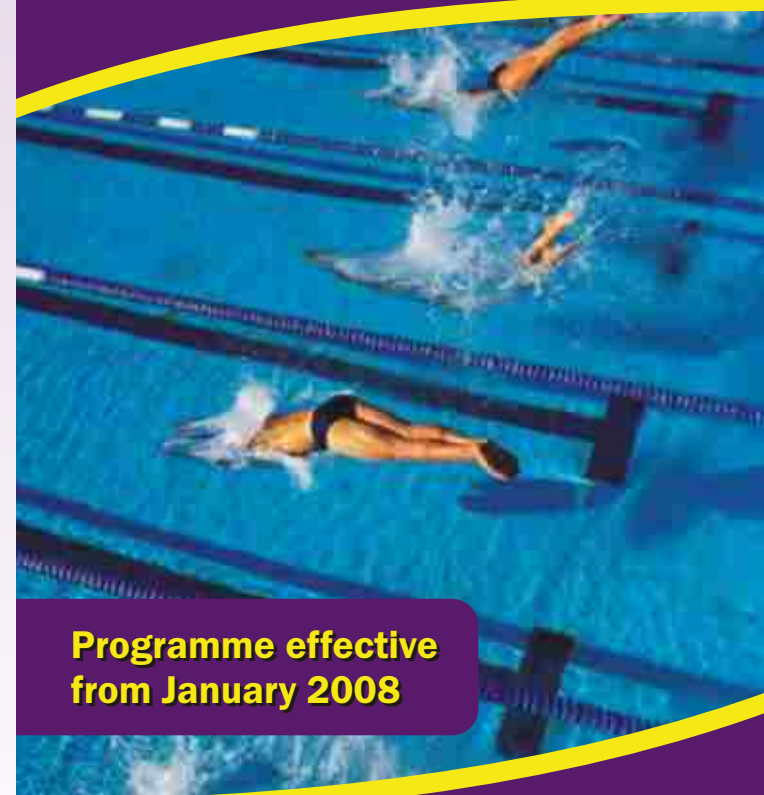
<b>MONDAY</b>	9.00am - 10.00am *	
<b>TUESDAY</b>	6.00pm - 7.00pm	
<b>WEDNESDAY</b>	9.00am - 10.00am	4.30pm - 5.30pm *
<b>THURSDAY</b>	4.00pm - 6.00pm	4.30pm - 5.30pm *
<b>FRIDAY</b>	4.00pm - 6.00pm	
<b>SATURDAY</b>	2.00pm - 4.00pm	
<b>SUNDAY</b>	8.30am - 10.30am	2.00pm - 4.00pm



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# Manor LEISURE CENTRE

## Swimming Timetables



**Programme effective from January 2008**



Fenland District Council



inclusive fitness



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



