

## TIMETABLE CHANGES

**Please note the following:** All changes will be publicised within the building at the earliest possible opportunity. We suggest a quick phone call to the centre if in any doubt regarding opening times. 01569 763 162

### MONDAY

06.30 – 08.00 Lane swimming  
08.00 – 11.15 Public Swim  
11.15 – 12.15 Hydrofit  
12.15 – 14.00 Lunchtime Lanes  
14.00 – 22.00 Public Swim with  
(14.00 – 14.45 Private Hire 2 lanes)  
(16.00-19.45 shallow end roped off)

### TUESDAY

06.30 – 08.00 Lane Swimming + SASC  
08.00 – 10.00 Public swim  
10.00 – 11.00 **\*Public Swim + 1 lane** with  
(10.00 – 11.00 School lessons shallow end)  
11.00 – 12.00 School lessons Pool closed  
12.00 – 13.30 Lunchtime Lanes  
13.30 – 18.30 Public Swim with  
(15.30-18.30 Swim Lessons 1 lane)  
18.30 – 20.45 SASC  
20.30 – 22.00 Lane Swimming

**\*Due to restricted swimming every swimmer is entitled to a free sauna**

### WEDNESDAY

06.30 – 08.00 Lane Swimming + SASC  
08.00 – 09.30 Public swim  
09.30 – 14.00 **\*Public Swim** with  
(09.30 – 14.00 P/Toddler in shallow end)  
14.00 – 15.00 Private Hire  
15.00 – 19.00 Public Swim  
(15.45 - 19.00 shallow end roped off)  
(16.00 - 17.00 SASC 1 lane)  
19.00 – 20.00 Hydro-Fit  
20.00 – 22.00 Public Swim

**\*Due to restricted swimming every swimmer is entitled to a free sauna**

### THURSDAY

06.30 – 09.00 Lane Swimming+ SASC  
09.00 – 10.00 Pool closed for Private Hire  
10.00 – 12.00 **\*Public Swim** with  
(10.00 -12.00 P/Toddler lessons-shallow end)  
12.00 – 14.00 Lunchtime Lanes  
14.00 – 15.00 Staff Training – Pool Closed  
15.00 – 18.30 Public Swim  
(15.45 – 18.30 Swim Lessons 1 lane)  
18.30 – 20.45 SASC  
20.30 – 22.00 Lane Swimming with Triathletes

**\*Due to restricted swimming every swimmer is entitled to a free sauna.**

### FRIDAY

06.30 – 08.00 Lane Swimming + SASC  
08.00 – 09.30 Public swim  
09.30 – 12.00 **\*Public Swim** with  
(09.30– 11.30 P/Toddler lessons-shallow end)  
12.00 – 14.00 Lunchtime Lanes  
14.00 – 15.30 Private Hire Pool closed  
16.00 – 18.00 Inflatable Session (Swoopee!)  
18.15 – 21.00 Public Swim  
21.00 – 22.00 Private Hire

**\*Due to restricted swimming every swimmer is entitled to a free sauna**

### SATURDAY

08.45 – 12.00 Pool closed for lessons  
12.00 – 13.45 Public Swim  
(12.00 – 12.30 Swim lessons 1 lane)  
14.00 – 15.45 Inflatable Session (Swoopee!)  
16.00 – 19.00 Available for Hires

### SUNDAY

09.00 – 10.00 Lane Swimming  
10.00 – 12.00 Family Fun Session  
12.00 – 14.00 Lunchtime 1 Lane Available  
14.00 – 15.00 Parent & Child Session  
15.00 – 17.00 Family Fun Session  
(16.30-17.00 Swimming lessons–shallow end)  
17.00 – 18.30 Swim lessons Pool Closed  
18.30 – 21.00 SASC

**RECEPTION OPENING** - Reception opens at 6.30am (Mon – Fri) & 9am (weekends) and closes at last admission, which is 40 minutes prior to closing time.

**SASC** - SASC are our local swimming club which use the pool for training and competition purposes on a regular basis. They hire the whole pool on Tues, Thurs and Sun evenings. They also hire 2 lanes on Tues, Weds and Thurs mornings and 1 lane on Mon and Fri mornings.

**LUNCHTIME LANES** – A lane swimming session. Perfect for workers wanting a swim at lunchtime. Lane swimming is **not** available on a Wednesday lunchtime.

**\*PARENT & TODDLER** – Our very popular classes taught by our highly qualified and friendly staff, Aileen, Val and Gillian. The age groups range from 3 months to 4 years. Please ask at reception for more information if interested in bringing your 'little one' along! The shallow end will be roped off during these sessions.

**INFLATABLE SESSIONS – Swoopee!!** Our very popular inflatable obstacle course which runs the length of pool – great fun for all the family! Places must now be booked in advance for each hourly session by calling the centre.

**FAMILY FUN SESSION** - A fun activity session for all the family, includes mats 'n' rafts. Own inflatables will be dependent on numbers.

**LANE SWIMMING** – Unless stated 'Lane Swimming' in the programme, a lane will generally always be available for swimming lengths dependant on the numbers and activities in the pool at the time. Please ask a member of staff.

**PARENT & CHILD SESSIONS** – This session allows lone parents / guardians to take 2 children under the age of 4 swimming. Normal pool regulations only allow one to one.

**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.. Book early to avoid disappointment, as these are very popular.

**BLOCK LESSONS** - For children aged 5 years or over. These classes work through progressive standards of the Learn to Swim Scheme. Entry is via an assessment and waiting list. Application forms and more information can be found at reception.

**HYDRO-FIT** – A popular water based fitness class run by our instructors Jacquie and Kirsten. These classes are held on a Monday morning and Wednesday evening.

**GP ROOM** – We offer our General Purpose room for activities such as meetings, exercise classes, parties etc. The cost of hire is £5.25 for an hour. Please call reception for bookings.

**FITNESS ROOM** - Our fitness room offers cardiovascular equipment and weight machines. A full induction must be completed before using our gym. Although if a member of any other *Aberdeenshire Council* Gym then a valid card must be shown.

**LOCKERS** – are provided for the safety and security of your belongings. These require one £1.00 coin, which is now refundable. Please do not leave belongings in cubicles on benches or in unlocked lockers, we cannot accept responsibility for them.

**HAIR DRIERS** – Work using a ten pence piece ONLY.

#### **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. Children under 8 years of age may accompany parents in either changing room. Children aged 8 years over must use the changing room for the correct gender.

## **ADMISSION CHARGES from April 1<sup>st</sup> 2009**

### **SWIMMING**

Adult	£2.85
Concession*	£1.45
Under 5's	FREE
Family Ticket	£5.75
(admits up to 2 adults & 3 children)	

### **12 Session Ticket**

Adult	£28.50
Concession*	£14.50

### **6 Month Ticket**

Adult	£94.00
Concession*	£47.00

### **Annual Ticket**

Adult	£183.00
Concession*	£91.50

### **Sauna**

Adult	£4.50
Concession*	£2.25

### **BODY WORKSHOP**

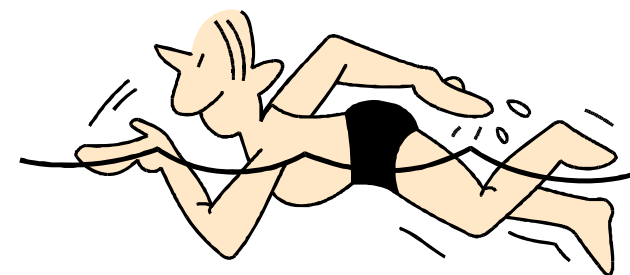
Adult Session	£3.95
Concession Session	£2.00
12 Session Ticket	£39.50
6 Monthly Ticket	£121.00
Annual Ticket	£235.00
Induction	£10.60

### **GAMESHALL**

Whole Hall	£21.15
Whole Hall Concession	£10.65
Single Court	£7.05
Single Court Conc	£3.55*
*CONCESSIONS – These apply to Children aged 5 – 15yrs (Inc), over 60's, registered disabled and students. Other concessions may apply – please ask at reception.	

# Programme & Charges

Monday 4<sup>th</sup> January-  
Friday 2<sup>nd</sup> April (inclusive)



## Stonehaven Leisure Centre

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**Aberdeenshire**  
COUNCIL

