

swimming rules and regulations

Swimming

Admissions Policy

Main Pool

- 1 adult to every child aged under 5 years
- 1 adult to 2 children aged 5-7 years

Small Pool

- 1 adult to every 2 children aged under 8 years

An adult is deemed to be the child's parent or a person over the age of 16 years old.

Disabled Access

If you have a disability, we have superb accessibility for you.

- Hoist
- Specially equipped changing areas
- Designated Toilets

If you require extra help please ask a member of staff who will be happy to help you during your visit.

Family changing areas

We provide family friendly changing facilities. We have a unisex changing village with individual cubicles and larger cubicles with baby's changing tables for young families.

Lockers

Lockers require a £1 coin, which is returnable.

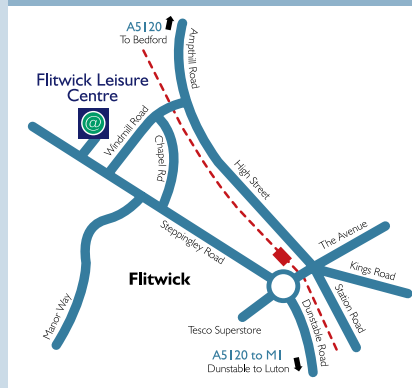
swimming@lifestyles non-members prices

| | Member | Concession |
|-------------------------------|--------|------------|
| Adult | £2.50 | £1.25 |
| Junior/Student/Senior Citizen | £1.25 | £0.65 |
| Swimcard Adult (10 swims) | £22.00 | £11.00 |
| Swimcard Junior (10 swims) | £11.00 | £5.50 |

members prices

| | Member | Concession |
|--|------------------|------------|
| Lifestyles Swim | £21.00 per month | |
| Swimming DD Activation Fee | £15.00 | |
| Swimming Lessons | | |
| Junior per lesson (30 mins) | £4.60 | |
| Adult per lesson (30 mins) | £5.40 | |
| Waiting list deposit | £10.00 | |
| (lessons are pre-paid for a 10 week block) | | |

Flitwick Leisure Centre



Flitwick Leisure Centre

Steppingley Road, Flitwick, Bedfordshire MK45 1TH

01462 611575

E: lifestyles.flitwick@midbeds.gov.uk

www.midbeds.gov.uk/lifestyles

...enjoy your health!



FLITWICK
TOWN COUNCIL

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pool
programme
april 2009

swimming pool activities with...

lifestyles @ flitwick
enjoy your health

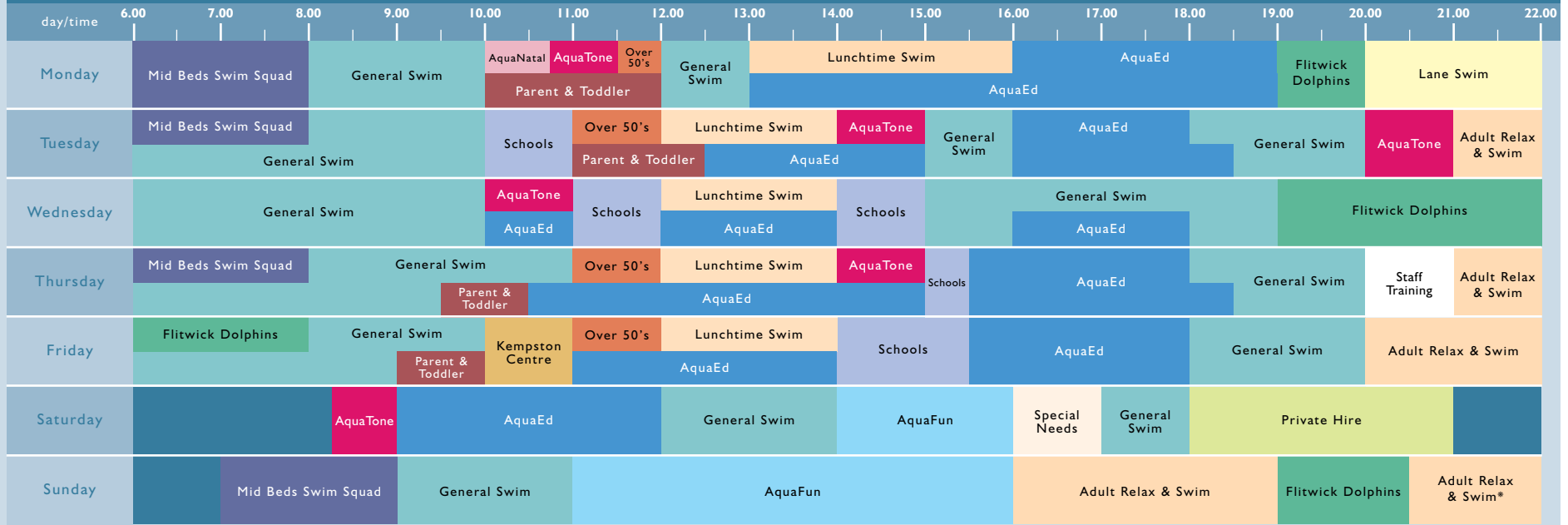


Tel 01462 611575

Flitwick Leisure Centre
Steppingley Road, Flitwick, Beds MK45 1TH

Flitwick Leisure Centre

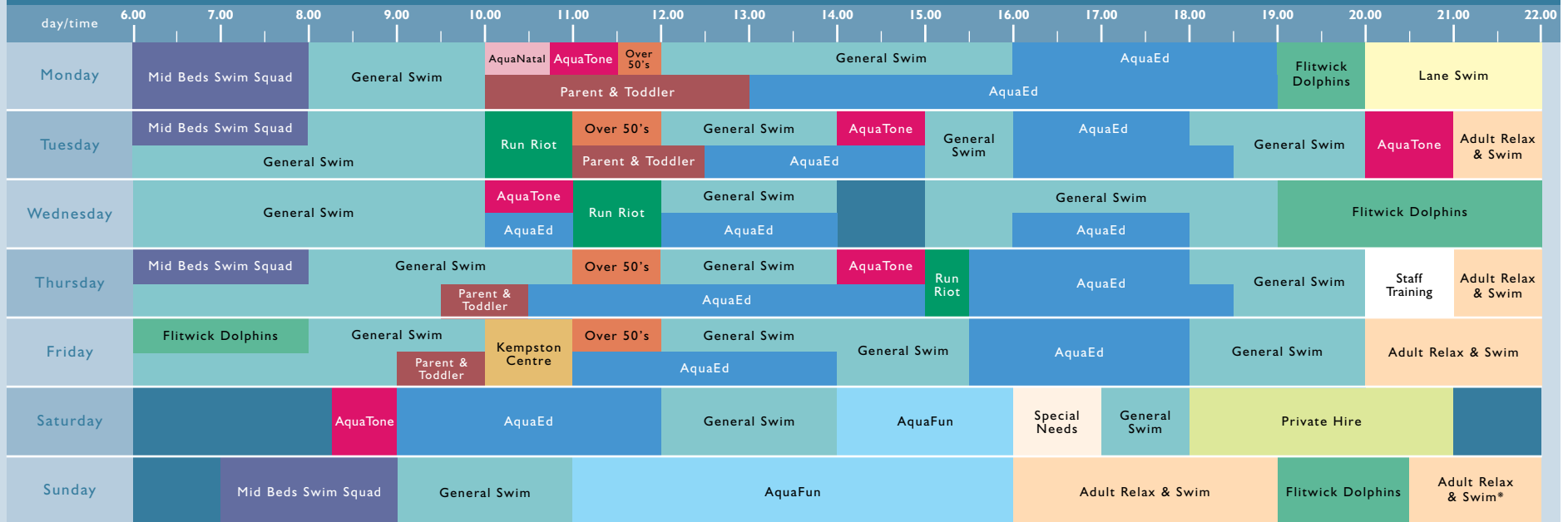
swimming pool programme



Key

- Mid Beds Swim Squad
- General Swim (lane available)
- Lunchtime Swim
- AquaTone class
- AquaNatal class
- AquaFun (floats and balls)
- AquaEd (pre-booked lessons)
- Over 50's
- Parent & Child
- Special Needs
- Private Hire
- Kempston Centre (closed session)
- Adults Relax & Swim (* no admission after 9pm)
- Flitwick Dolphins (private club)
- Lane Swim
- Inflatable fun sessions (Minimum 45 mins)
- Schools
- Run Riot Playscheme
- Staff Training
- No activity running

school holiday programme



P = Public Sessions

Open 362 days per year. Closed Christmas Day, Boxing Day and New Year's Day. For Bank Holiday opening times, please contact Reception. * Over 8's only subject to availability.

Special School Sports development sessions may take place periodically in place of public sessions. Ask at reception for details.