

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.

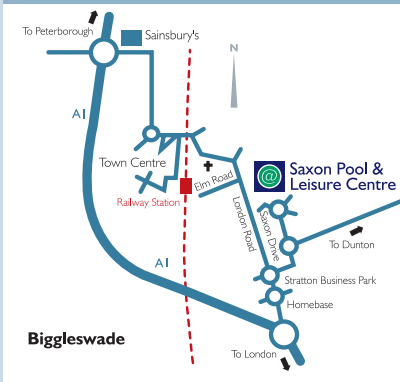
swimming@lifestyles non-members prices

	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 (60 mins)	£9.20	
Waiting list deposit	£10.00	
(lessons are pre-paid for a 10 week block)		

Saxon Pool & Leisure Centre



Saxon Pool and Leisure Centre

Saxon Drive, Biggleswade, Bedfordshire SG18 8SU

01462 611595

E: lifestyles.saxon@midbeds.gov.uk

www.midbeds.gov.uk/lifestyles

...enjoy your health!



Working in partnership:

front cover photo: iStockphoto.com
design: out of the bleu 01767 319028



pool programme
april 2009

lifestyles@saxon
enjoy your health



SAFETY

LIFESTYLE

Tel 01462 611595

Saxon Pool and Leisure Centre
Saxon Drive, Biggleswade, Beds SG18 8SU

Saxon Pool and Leisure Centre

swimming pool programme

day/time	6.00	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Monday		Swim Squad			AquaTone	AquaNatal	PostNatal		General Swimming			AquaEd		Swim Squad			Water Polo
		Sunrisers			General Swimming				School Swimming			General Swimming		Adults Only			
Tuesday		Swim Squad			AquaTone		Swim in Retirement		General Swimming			AquaEd		Swim Squad			Adult Lessons
		Sunrisers			General Swimming				School Swimming			General Swimming					Adults Only
Wednesday		Swim Squad			AquaTone				General Swimming			AquaEd		Swim Squad		AquaTone	Relax & Swim Adults Only
		Sunrisers			General Swimming	School Swimming			School Swimming			General Swimming			Ladies Only 16+		
Thursday		Swim Squad			AquaTone 50+		Swim in Retirement		General Swimming			AquaEd		Swim Squad			Ladies Only 16+
		Sunrisers			General Swimming				School Swimming			General Swimming			Adults Only		Staff Training
Friday		Swim Club			AquaTone				General Swimming		Adult Lessons	AquaEd		Swim Squad			Swim Club
		Sunrisers			General Swimming	School Swimming			School Swimming			General Swimming					Adults Only
Saturday			Swim Squad			AquaEd					AquaFun*		General Swimming	Special Needs	Available for Private Hire & Parties		
					General Swimming										Galas		
Sunday					General Swimming						AquaFun*			Swim Club			Relax & Swim Adults Only
					AquaEd									General Swimming			

* Teaching pool is in use for SwimSchool

Key

- Swim Squad
- Swim Club
- AquaEd
- School Swimming
- General Swimming
- Sunrise
- AquaTone
- AquaNatal/PostNatal
- AquaFun
- AquaPlus
- Swim in Retirement
- Parent & Child
- Special Needs
- Private Hire/Parties
- Galas
- Adults Only
- Relax & Swim (adults only)
- Adult Lessons
- Ladies Only 16+
- Water Polo
- Staff Training
- No activity running

school holiday programme

day/time	6.00	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Monday		Swim Squad			AquaTone	AquaNatal	PostNatal			AquaFun*		AquaEd		Swim Squad			Water Polo
		Sunrisers			General Swimming							General Swimming		Adults Only			
Tuesday		Swim Squad			AquaTone		Swim in Retirement			AquaFun*		AquaEd		Swim Squad			Adult Lessons
		Sunrisers			General Swimming							General Swimming					Adults Only
Wednesday		Swim Squad			AquaTone					AquaFun*		AquaEd		Swim Squad		AquaTone	Relax & Swim Adults Only
		Sunrisers			General Swimming							General Swimming			Ladies Only 16+		
Thursday		Swim Squad			AquaTone 50+		Swim in Retirement			AquaFun*		AquaEd		Swim Squad			Ladies Only 16+
		Sunrisers			General Swimming							General Swimming			Adults Only		Staff Training
Friday		Swim Squad			AquaTone						Adult Lessons	AquaEd					Swim Club
		Sunrisers			General Swimming							General Swimming					Adults Only
Saturday			Swim Squad			AquaEd					AquaFun*		General Swimming	Special Needs	Available for Private Hire & Parties		
					General Swimming										Galas		
Sunday					General Swimming						AquaFun*			Swim Club			Relax & Swim Adults Only
					AquaEd									General Swimming			

Teaching pool for parent and toddlers, please note: AquaEd uses 50% of teaching pool and main pool. All bank holidays – the opening hours are Mondays 10.00am-6.30pm, Good Fridays 9.30am-6.30pm for general swimming and AquaEd. GS = General Swimming. * During AquaFun either flume or inflatable will be in use. AquaFun is subject to availability.