



POOL

October 2019

SP
Sportspark

Our world-class pool offers some of the finest swimming facilities in Britain. With lane-swimming, family-fun sessions and classes, there is something for everyone.

2 x 25m Swimming Pools

[forming 1 x 50m competition pool]

Casual & Lane Swimming

Aquafit/Aquafit Light

Adult Swimming Lessons

Family Fun Sessions

SPLASH Learn to Swim Programme

Swimfit

Shallow Pool (25m): Public Swimming

Public swimming sessions for all ages and abilities. There may be a number of lanes available for those that wish to use them.

Deep Pool & 50m Mode: Public Lane Swimming

The deep pool is split into lanes for use by competent swimmers only.

Antenatal Sessions

Designed to help expectant mothers maintain a level of fitness throughout pregnancy, or for mothers who have had their postnatal check to get back into an exercise routine. Programme runs during term time only.

Family Fun Sessions – Weekends and Summer Holidays

Special fun sessions with toys and floats, on Saturdays & Sundays.

Adult Swimming Lessons

If you're new to the water or want to increase your confidence, our adult swimming classes will help you to develop the skills required to enable and improve stroke development. For more details, please ask at reception.

SPLASH Learn To Swim Programme

Children's lessons offering a full swimmer's journey through the Swim England National Framework, stages 1-10. For bookings and more information, please see reception.

Aquafit

Aquafit is a low-impact class and the cushioning effect of the water protects joints in the spine, ankle, hip and knees.

Aquafit Light

This session is part of our Fitness in Later Life programme (for the over fifties), and runs during term time only.

Swimfit

A swimming fitness workout led by our Swimfit Activators to help you get the results you desire.

Lifeguard Courses RLSS NPLQ and NRSTC

Various dates throughout the year. Please refer to website.

Adult/Child Supervision Ratios

As a minimum, children under the age of 12 years must be accompanied in the water by a parent or adult aged 16 years+.

- 1 adult to every 2 children aged under 12 years.
- As a minimum, children aged 12 and above may swim unaccompanied providing they are competent swimmers.

Peak times: Monday-Friday, 16:00-20:30

Off peak times: all other times, including weekends.

For more information and timetable updates visit:

www.sportspark.co.uk

(01603) 592398

All day every day for the community.



www.sportspark.co.uk

	05:30	06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:40
50m Pool	CITY OF NORWICH SWIM CLUBS								POOL CHANGE OVER 09:00 - 09:40																								
Shallow Pool 25m									AQUAFIT+ 10:25-11:00		FILL AQUAFIT			SCHOOLS			LEARN TO SWIM																
Deep Pool 25m									UEA TRIATHLON CLUB							CLUB							UEA WATERPOLO										
50m Pool																			CITY OF NORWICH SWIM CLUB									UEA SWIM CLUB					
Shallow Pool 25m			SWIMFIT			SCHOOLS			ADULT SWIM LESSONS			SCHOOLS			POOL CHANGE OVER 16:20 - 17:00																		
Deep Pool 25m	CLUBS 06:45-07:45				SCHOOLS					SCHOOLS					POOL CHANGE OVER 16:20 - 17:00																		
50m Pool	CITY OF NORWICH SWIM CLUB							POOL CHANGE OVER 09:00 - 10:00																									
Shallow Pool 25m													ANTE-NATAL 12:30-13:10		PARENT & TODDLER		FILL AQUAFIT																
Deep Pool 25m									UEA SWIM CLUB					NORWICH SWAN CLUB																			
50m Pool																			LEARN TO SWIM														
Shallow Pool 25m			SWIM FIT			SCHOOLS					SCHOOLS																						
Deep Pool 25m	CLUB 06:45-07:45				SCHOOLS					SCHOOLS					CITY OF NORWICH SWIM CLUB																		
50m Pool	CITY OF NORWICH SWIM CLUB			NORWICH SWAN		STAFF TRAINING AND POOL CHANGEOVER																											
Shallow Pool 25m															LEARN TO SWIM																		
Deep Pool 25m									UEA SWIMMING					CITY OF NORWICH SWIM CLUB				UEA SWIMMING															
50m Pool	CITY OF NORWICH SWIM CLUB					EAST SWIM CLUB			POOL CHANGE OVER 11:00 - 11:40																								
Shallow Pool 25m												FAMILY FUN SESSION (0.9m deep)																					
Deep Pool 25m												UEA WATER POLO																					
50m Pool																			NORWICH SWAN									OTHER SWIM CLUBS					
Shallow Pool 25m												FAMILY FUN SESSION (0.9m deep)					POOL CHANGE OVER 17:20 - 18:00																
Deep Pool 25m												POOL CHANGE OVER 17:20 - 18:00																					

Please note that during school holiday periods, this timetable may alter to cater for extra activities and courses. Occasionally, we may also have to close the pool to accommodate club galas. Closure and timetable changes will be advertised on the website.

Key: Public Swimming Other Closed

Please note that the deep pool and 50 metre lane swimming sessions are for competent swimmers only - due to the depth of the pool (1.8 metres). The shallow pool will be at a depth of 1.2m unless stated otherwise on the timetable.