

# Oasis Swimming Pool Programme

Christmas holidays: Monday 21 – Thursday 31 December 2020



Monday 21 December 2020	Aqua Zumba 10am – 10:45am	Lanes 11am – 12pm	General Swim 12:15pm – 6pm	Lanes 6:15pm – 7pm Club (1 lane) 6:15pm – 7pm	Water Aerobics 7:15pm – 8pm
Tuesday 22 December 2020	Water Aerobics 10am – 10:45am	Lanes 11am – 12pm	General Swim 12:15pm – 6pm	Lanes 6:15pm – 8pm Club (1 lane) 6:30pm – 7pm	Club (2 lanes) 7pm – 8pm
Wednesday 23 December 2020	Lanes 10am – 12pm		General Swim 12:15pm – 4pm		
Thursday 24 December 2020	CLOSED				
Friday 25 December 2020	CLOSED				
Saturday 26 December 2020	CLOSED				
Sunday 27 December 2020	General Swim 10am – 4pm				
Monday 28 December 2020	Lanes 10am – 12pm		General Swim 12:15pm – 4pm	Club 4pm – 5pm	
Tuesday 29 December 2020	Lanes 10am – 12pm		General Swim 12:15pm – 4pm		
Wednesday 30 December 2020	Lanes 10am – 12pm		General Swim 12:15pm – 4pm		
Thursday 31 December 2020	Lanes 10am – 12pm		General Swim 12:15pm – 2pm		

For more information call 01485 534227 or visit [alivewestnorfolk.co.uk](http://alivewestnorfolk.co.uk)

**Main pool:** Children under 11 years of age must be accompanied in the water by a parent or responsible adult over 18 years of age, in line with the following guidance: children under four years – one parent or responsible adult to one child unless the children are wearing BS, EN or kite marked armbands where they may be accompanied on a ratio of two children to one adult.

**Learner pool:** Two children to one parent or responsible adult over 18 years of age.

**Information:** Members of the public will be called out of the pool five minutes before the end of the session.





# Swimming Lessons

For swimmers who want to enhance their swimming skills and improve their confidence in the water.

# Pricelist 2020/21

Admissions	Non Member	Alive Card	Concession
Spectators	£2.25	FREE	FREE
Swimming Admission			
Adult (19+)	£6.30	£4.25	£2.50
Junior (4-18)	£4.85	£2.40	£1.50
Family ticket (3 people)	£16.40	£16.40	£16.40
Length swimming (Parent & Toddler)	£5.25	£4.25	£2.50
Length swimming (Junior)	£3.20	£2.40	£1.50
Fitness Admission			
Adult (19+)	£6.75	£5.25	£3.70
Junior (8-18)	£5.25	£3.70	£2.70
Group Fitness	£6.75	£5.25	£3.70



# Alive Fitness

An individual approach to your health and fitness, focusing on helping you achieve your personal goals.

Personal Training sessions available.



# Group Fitness

Alive fitness classes are a great way to take your personal fitness goals to the next level, and have some serious fun at the same time.