

# Downham Leisure Swimming Pool Programme

Christmas holidays: Monday 21 December 2020 – Sunday 3 January 2021



Monday 21 December 2020	Lanes 7am – 8am	General Swim 8am – 10am	Water Aerobics 10:15am–11am	Lanes 12:30pm – 1:30pm	General Swim 1:30pm – 9pm		
Tuesday 22 December 2020	Lanes 7am – 8am	General Swim 8am – 12pm		Lanes 12:30pm – 1:30pm	General Swim 1:30pm – 6:45pm	Water Aerobics 7pm–7:45pm	Club 8pm – 9pm
Wednesday 23 December 2020	Lanes 7am – 8am	General Swim 8am – 12pm		Lanes 12:30pm – 1:30pm	General Swim 1:30pm – 6pm		
Thursday 24 – Saturday 26 December 2020	CLOSED						
Sunday 27 December 2020		General Swim 9am – 5pm					
Monday 28 December 2020		General Swim 8am – 12:30pm		Lanes 12:30pm – 1:30pm	General Swim 1:30pm – 4pm		
Tuesday 29 December 2020		General Swim 8am – 12:30pm		Lanes 12:30pm – 1:30pm	General Swim 1:30pm – 6pm		
Wednesday 30 December 2020		General Swim 8am – 12:30pm		Lanes 12:30pm – 1:30pm	General Swim 1:30pm – 6pm		
Thursday 31 December 2020		General Swim 8am – 2pm					
Friday 1 January 2021	CLOSED						
Saturday 2 January 2021		General Swim 8:30am – 12:30pm		Lanes 12:30pm – 1:30pm	General Swim 1:30pm – 4pm		
Sunday 3 January 2021		General Swim 9am – 1:45pm			Club 2pm – 4pm		

For more information call 01366 386868 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.

**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+)	£5.25	£4.25	£2.50
Junior (4-18)	£3.20	£2.40	£1.50
Family ticket (3 people)	£13	£13	£13
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.