

# Oasis Swimming Pool Programme

Term time: Monday 6 September – Sunday 3 October 2021

<b>Monday</b>	Lanes 7:30am – 8:45am	Aqua Zumba 9am – 9:45am	Water Babies 10am – 12pm	Parent & Toddler 10am – 11am	Lanes 11am – 12pm	General Swim 12pm – 6pm	Lanes 6:15pm – 7:15pm	Water Aerobics 7:15pm – 8:15pm
<b>Tuesday</b>	Lanes 7:30am – 8:45am	Water Aerobics 9am – 9:45am	Lanes 10am – 12pm	General Swim 12pm – 7pm	Lessons (Stages 1–6) 4pm – 7pm	Club 2 lanes 7pm – 8:15pm	Lanes 7pm – 8:15pm	
<b>Wednesday</b>	Lanes 7:30am – 10:15am	School Swim 10:15am – 2:45pm	General Swim 2:45pm – 6pm	Pre-Comp 6:15pm – 7:15pm	Adult Lessons 7:15pm – 8:15pm	Club 2 lanes 6:15pm – 7:15pm		
<b>Thursday</b>	Lanes 7:30am – 8:45am	Water Aerobics 9am – 9:45am	Lanes 10am – 11:15am	School Swim 11:15am – 12:45pm	General Swim 12:45pm – 6pm	Lessons (Stages 1–2) 4pm – 5pm	Club 2 lanes 6:15pm – 7:15pm	Lanes 6:15pm – 8:15pm
<b>Friday</b>	Lanes 7:30am – 10:15am	School Swim 10:15am – 11:45pm	General Swim 11:45am – 7pm	Lessons (Stages 1–5 and 7) 4pm – 7pm	Lanes 7pm – 8:15pm			
<b>Saturday</b>	Lanes 7:30am – 8:45am	Lessons (Parent & Toddler and Stages 1–5) 9am – 12pm	General Swim 12pm – 6pm	Available for Private Hire 6pm – 8:15pm				
<b>Sunday</b>	Lanes 7:30am – 9:45am	General Swim 10am – 6pm	Available for Private Hire 6pm – 8:15pm					

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

**Swimming Pool Admission:** Children under 8 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: under 4s: one child to one parent or responsible adult without armbands or two children to one parent or responsible adult with armbands. 4 to 8 years: two children to one parent or responsible adult. Mixed ages (under 8 years of age): one child under 4 & one child under 8 = one adult (under 4s to wear armbands). Armbands must be standard BS, EN or Kitemarked.

**Information:** Members of the public will be called out of the pool five minutes before the end of the session. The centre will close at 6pm on Bank Holidays.



## Swimming Lessons

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

## Pricelist 2021/22

Admissions	Non Member	Alive Card	Concession
Spectators	£2.25	FREE	FREE
Swimming Admission			
Adult (19+)	£6.40	£4.35	£2.60
Junior (4-18)	£4.95	£2.50	£1.60
Family ticket (3 people)	£16.75	£16.75	£16.75
Length swimming (Parent & Toddler)	£5.35	£4.35	£2.60
Length swimming (Junior)	£3.30	£2.50	£1.60
Fitness Admission			
Adult (19+)	£6.90	£5.40	£3.85
Junior (8-18)	£5.35	£3.80	£2.80
Group Fitness	£6.90	£5.40	£3.85



## 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.