

Downham Leisure

Swimming Pool Programme

Term Time

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| Monday | Lanes 7am–8am | General Swim 8am–9am | School Swim 9am–12pm | | Lanes 12:30pm– 1:30pm | Water Aerobics 1:45pm– 2:30pm | | General Swim 2:45pm–4pm | Swimming Lessons 4pm – 7pm | DMASC Club 7pm–8pm | General Swim 8pm–9pm | |
| Tuesday | Lanes 7am–8am | General Swim 8am–9am | School Swim 9am–12pm | | Lanes 12:30pm– 1:30pm | General Swim 1:30pm– 2:30pm | Otters Disability Club 2:30pm–4pm | | General Swim 4pm–6:50pm | Water Aerobics 7pm– 7:45pm | WNSC Club 8pm–9pm | |
| Wednesday | Lanes 7am–8am | General Swim 8am–9am | School Swim 9am–12pm | | Lanes 12:30pm– 1:30pm | General Swim 1:30pm –2pm | Swimming Lessons 2pm–3pm | General Swim 3pm–8:30pm | | | | WNSC Club 8:30pm –9pm |
| Thursday | Lanes 7am–8am | General Swim 8am–9am | School Swim 9am–12pm | | Lanes 12:30pm– 1:30pm | Water Aerobics 1:45pm– 2:30pm | | General Swim 2:45pm–4pm | Swimming Lessons 4pm – 7pm | DMASC Club 7pm–8pm | General Swim 8pm–9pm | |
| Friday | Lanes 7am–8am | General Swim 8am–9am | School Swim 9am–12pm | | Lanes 12:30pm– 1:30pm | General Swim 1:30pm–4pm | | | Swimming Lessons 4pm – 6:30pm | General Swim 6:30pm–8pm | WNSC Club 8pm–9pm | |
| Saturday | WNSC Club 7am–8:30am | | Swimming Lessons 8:30am–12:15pm | | | | Lanes 12:30pm– 1:30pm | General Swim 1:30pm–5pm | | Available For Private Hire | | |
| Sunday | | | General Swim 9am–4pm | | | | | | Swimming Lessons 3pm–4pm | WNSC Club 4pm–6:30pm | | |

For more information call 01366 386868 or visit 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.



College of
West Anglia



Swimming Lessons

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

Pricelist 2023/24

| Admissions | Standard | Alive Card | Concession |
|-----------------------------------|----------|------------|------------|
| Swimming Admission | | | |
| Adult (19+) | £5.70 | £4.60 | £2.80 |
| Junior (4-18) | £3.50 | £2.70 | £1.70 |
| Family ticket (2 adults, 1 child) | £13.90 | £13.90 | £13.90 |
| Family ticket (additional child) | £3.20 | £3.20 | £3.20 |
| Fitness Admission | | | |
| Adult (19+) | £7.80 | £6.20 | £4.20 |
| Junior (8-18) | £5.90 | £4.10 | £3.10 |
| Group Fitness | £7.80 | £6.20 | £4.20 |



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.