



swim academy 08/09

At K2 the swimming pool is divided into 3 pools with 2 moveable floors that give flexible usage.

Swimming is the ideal, all-round exercise for all ages. Swimming builds aerobic capacity as effectively as any sport with less risk of injury. The body's natural buoyancy in the water frees it from weight-bearing stress that accounts for the low injury rate among swimmers. It's a therapeutic exercise for people with injuries, arthritis, weight or back problems.

Swimming is a balanced exercise that utilises all the body's major muscle groups and improves general muscle tone without producing tightness.

Our swimming lessons cater for all customers either wishing to learn to swim or to develop their techniques. Call our Swimming Co-ordinator today on **01293 585310**

day	level	time
level 1 - pool level: 0.9m		
monday	I	3.30 - 4.00pm
		4.00 - 4.30pm
		4.30 - 5.00pm
		5.00 - 5.30pm
tuesday	I	3.30 - 4.00pm
		4.00 - 4.30pm
		5.00 - 5.30pm
wednesday	I	3.30 - 4.00pm
		4.00 - 4.30pm
		5.00 - 5.30pm
thursday	I	3.30 - 4.00pm
		4.00 - 4.30pm
		4.00 - 4.30pm
		4.30 - 5.00pm
friday	I	5.30 - 6.00pm
		4.00 - 4.30pm
		4.00 - 4.30pm
		4.30 - 5.00pm

saturday	I	9.30 - 10.00am
		4.00 - 4.30pm
		4.30 - 5.30pm
sunday	I	8.30 - 9.00am
		9.30 - 10.00am

8+ beginners

monday		5.30 - 6.00pm
wednesday		4.00 - 4.30pm
		5.00 - 5.30pm

level 1+ pool level: 0.9m

monday	I+	4.30 - 5.00pm
		5.30 - 6.00pm
tuesday	I+	4.00 - 4.30pm
		5.30 - 6.00pm
wednesday	I+	4.30 - 5.00pm
		5.30 - 6.00pm
thursday	I+	4.30 - 5.00pm
		5.00 - 5.30pm
		5.30 - 6.00pm
friday	I+	4.30 - 5.00pm
		5.00 - 5.30pm
		5.00 - 5.30pm
saturday	I+	9.00 - 9.30am
sunday	I+	5.00 - 5.30pm
		9.00 - 9.30am

level 2 - pool level: 0.9m

monday	2	4.00 - 4.30pm
		5.00 - 5.30pm
tuesday	2	4.30 - 5.00pm
		4.30 - 5.00pm
wednesday	2	4.00 - 4.30pm
		4.30 - 5.00pm
		5.00 - 5.30pm
thursday	2	5.30 - 6.00pm
		4.00 - 4.30pm
		5.00 - 5.30pm
friday	2	5.30 - 6.00pm
		5.30 - 6.00pm
		5.30 - 6.00pm

day	level	time
saturday	2	8.00 - 8.30am
		8.30 - 9.00am
		5.30 - 6.00pm
		8.00 - 8.30am
sunday	2	8.00 - 8.30am

level 2/3 - pool level: 0.9m

monday	2 & 3	4.00 - 4.30pm
tuesday	2 & 3	5.00 - 5.30pm

level 3 / 4 - pool level: 1.2m

monday	3 & 4	4.30 - 5.00pm
		5.00 - 5.30pm
		5.30 - 6.00pm
tuesday	3 & 4	4.00 - 4.30pm
		4.30 - 5.00pm
		4.00 - 4.30pm
wednesday	3 & 4	4.30 - 5.00pm
		5.30 - 6.00pm
		4.00 - 4.30pm
thursday	3 & 4	4.30 - 5.00pm
		4.30 - 5.00pm
		5.00 - 5.30pm
friday	3 & 4	5.00 - 5.30pm
		5.30 - 6.00pm
		4.00 - 4.30pm
		4.30 - 5.00pm
		5.00 - 5.30pm
		6.10 - 6.40pm

level 4 / 5 - pool level: 1.2m

tuesday	4 & 5	5.30 - 6.00pm
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level 5 / 6 - pool level: 25m section

monday	5 & 6	4.00 - 4.30pm
		4.30 - 5.00pm
		5.00 - 5.30pm
tuesday	5 & 6	4.00 - 4.30pm
		5.00 - 5.30pm
		5.30 - 6.00pm
wednesday	5 & 6	5.30 - 6.00pm
thursday	5 & 6	4.00 - 4.30pm
friday	5 & 6	5.00 - 5.30pm
		4.00 - 4.30pm
		4.30 - 5.00pm
		5.00 - 5.30pm
		5.30 - 6.00pm

level 7 - pool level: 25m section

tuesday	7	4.30 - 5.00pm
wednesday	7	4.30 - 5.00pm
thursday	7	5.30 - 6.00pm
friday	7	5.30 - 6.00pm

level 8 - silver pool level: 25m section

wednesday	8	5.00 - 5.30pm
friday	8	4.30 - 5.00pm

challenge 1/2

thursday		4.30 - 5.30pm
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bronze

tuesday		5.00 - 5.30pm
friday		4.00 - 4.30pm

silver

friday		5.00 - 5.30pm
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gold

tuesday		5.30 - 6.00pm
friday		5.00 - 5.30pm

gold & honours

monday		5.30 - 6.00pm
friday		4.30 - 5.00pm

honours

friday		5.30 - 6.00pm
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When your child takes up the direct debit option, they will receive an active card to gain free swimming during public sessions and a two week holiday refund.

*times and levels may be subject to change. £1 required for locker use.

phone to book - 01293 585310

