Leisure Pool

Safety Guidelines

No children under the age of 8 years will be admitted to the pool unless accompanied in the water by a parent or guardian who must be 16 years old or over.
One adult in the pool with every 2 children under 8.
One adult in the pool with every 10 children aged 8 and over.
Suitable swimwear to be worn at all times.

Opening Hours

Sunrise Swimming Sessions
Monday – Friday (Adults only) 7.00am – 9.00am

Public Swimming Sessions
Monday……10.30am - 9.00pm
Tuesday……10.30am - 7.45pm
Wednesday……..……..……..10.30am - 3.00pm
Thursday……..……..10.30am - 2.00pm
Friday……..……..10.30am - 8.00pm
Saturday……..…… 9.00am - 8.00pm
Sunday……..……8.00am - 8.00pm

PLEASE NOTE The **programme on Saturday is subject to change due to private pool hire after 5.00pm. Last ticket is issued 30 minutes before closing time or end of session. The programme may be subject to alteration during holiday periods.**
When the Education Authority swimming lessons and public swimming lessons are in operation, certain areas of the pool will not be available to the general public and the waves or flume may not be used.

LESIURE POOL PRICES

Adult Swim……**£3.95**
Junior Swim (Under 4's Swim Free)…….…….. **£2.50**
Family Swim (Up to 2 adults and 3 children)…....….. **£10.50**
Aquatone……..……..…… **£4.60**
Swim Fit Session……..……..….**£3.90**
Group Bookings (Advance bookings by letter by bonafide groups only during public swimming sessions)……..……..……**£2.30 per person**
Leisure Pool – Private Hire (Sat. Eve. Only)……***Contact the Centre Manager.***

Swimming Lessons

The lessons outlined below are run regularly and are all under the instruction of a qualified instructor.

MINI STROKES
These lessons have been designed to teach adults how to encourage very young children to enjoy water under the instruction of a qualified instructor. Parents/Guardians accompany children in the water, from aged 4 months to 4 years.

FIRST STROKES
These lessons are for children from 3-5 years (pre-school) and aim to help improve water confidence and improve basic swimming skills.

JUNIOR AND ADULT LESSONS
Learn to swim in pleasant surroundings with an understanding and enthusiastic instructor, lessons range between beginners to advanced.

PRICES *(P.T.L DISCOUNT APPLICABLE)*
JUNIOR LESSONS
Including FREE SWIMMING……**£46.00**
First Strokes……**£50.00**
Junior Coaching……..…**£50.50**
Mini Strokes Lessons Course Enrolment……**£17.00**
Plus a weekly payment of……**£2.80**
ADULT LESSONS
(Plus 4 free swims)……... **£55.50**
Pay and Play……**£6.60**
50+ Lessons *(Special Price, P.T.L not applicable)*….. **£34.00**

Dry Side Room Hire

We have 3 rooms available for hire which can accommodate varying amounts of people, Studio 1 can accommodate in excess of 100 people, The Conference Room can accommodate up to 40/50 people and Studio 2 has a maximum capacity of 15 people (all dependant on layout). Prices for these rooms can be supplied on application to the Manager.

Programme & Prices

January 2013

OPEN AS USUAL

Cocks Moors Woods Leisure Centre

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Cocks Moors Woods
Leisure Centre & Golf Course

Leisure Pool

THE SESSIONS OUTLINED BELOW ARE RUN REGULARLY AND AIM TO CATER FOR ALL;

SUNRISE SESSIONS (Adults only) Monday – Friday
An early morning swim session with emphasis on swimming lengths. A great way to start the day!

FAMILY SWIM TICKET – ALL ONE PRICE
A cost saving way to swim as a family in a relaxed and inviting atmosphere. One family swim ticket entitles a family of 2 adults and 3 children to the use of our swimming facilities, family changing facilities are available.

ADULTS ONLY SESSIONS
Swim sessions aimed at adults only; from Monday – Friday (16 years plus) and Saturdays (14 years plus).

LADIES ONLY SESSION (14 YEARS AND OVER)
This is a ladies only session for your relaxation and enjoyment. However, we cannot guarantee all female lifeguards on pool duties at all times during this session.

LANE SWIM FIT SESSION
Swim Fit Lane Swimming aims to offer the opportunity to swim continuous lengths with an emphasis upon fitness.

AQUATONE
A water aerobics class, suitable for non swimmers. This class offers the natural support and buoyancy of a water-based environment, suitable for all abilities, 16 years and over.

SPECIFIC NEEDS SESSIONS
On Saturdays between 4.00pm – 5.00pm specific needs sessions take place, entitling users plus one to a free swim upon the production of a Passport to Leisure Card. Furthermore, the Leisure Centre has been designed on one level for easy customer access. (None Exclusive)

Leisure Pool Timetable

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
SUNRISE SWIM	ADULTS ONLY 7.00am TO 9.00am						
ADULTS ONLY		8.00pm – 9.30pm					
AQUATONE	8.30pm – 9.30 pm		Pool Closed from 3.00pm	Pool Closed from 2.00pm			
DAYTIME AQUATONE	12 noon– 12.45pm (Term time Only)				12.00pm – 12.45pm (Term time Only)		
SPECIFIC NEEDS						4pm – 5pm (Free plus one carer)	
SWIM FIT SESSION				8.00pm– 9.00pm	9.30am– 10.30am (Term time Only)	7.00am– 9.00am	
LADIES ONLY We cannot guarantee a female lifeguard			8.00pm – 9.30 pm				

All session times are subject to periodic review by the management and any change will be accompanied by a new timetable. Please check this timetable to ensure maximum enjoyment from your visit.

THE POOL IS CLOSED FOR PUBLIC SWIMMING ON WEDNESDAYS FROM 3.00pm AND THURSDAYS FROM 2.00pm ONWARDS.

During public swimming sessions on Monday and Tuesday between 3.30pm and 6.30pm and Saturday 9am – 10.30am the Leisure Pool is shared with swimming lessons and the waves will not be in operation. Flume only in operation 12.00pm – 1.00pm Monday – Friday during term time.

This building is fully accessible. If you need any assistance, please speak to a member of staff who will be happy to help.