

Swan Pool & Leisure Centre

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Additional Information

The Benefits of Swimming

Psychological - Swimming is a great way of alleviating stress. Mastering a new skill can result in a great sense of achievement and satisfaction. Try a Wellbeing session.

Physical - Swimming can improve strength, stamina and suppleness. Regular exercise can help to improve fitness and enable the body to work more efficiently. Try an Active session.

Rehabilitating - Swimming allows muscles to be exercised against the resistance of the water, helping to maintain fitness and mobility. Try a Wellbeing session.

Social - Swimming is a good way to meet new friends and is an activity the whole family can participate in. Try a Social or Family session.

Safety - Being able to swim and perform simple personal survival skills are valuable life skills. Try Swim School or a Social session.

Access to other water based activities - The ability to swim facilitates access to other water-based activities such as sailing, water skiing, canoeing, and surfboarding with a degree of safety and confidence.

Pool Safety Information

- Shower before entering the pool
- Swim within your ability - use equipment and buoyancy aids if required
- Do not swim if feeling unwell
- Inform a lifeguard if you have any medical conditions
- Look out for yourself and others while in the pool
- Be aware of danger - sudden pool depths, slippery surfaces
- Listen out for the emergency alarms or lifeguard instruction

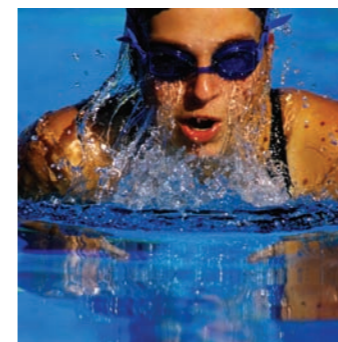
Membership feels great...

- No Joining fee
- No Contract*
- 10 Day Money back Guarantee
- Ability to Freeze
- Fixed Price for Life*

*depending on Membership type



Opening Times
Monday-Friday
6.30am - 22.00pm
Saturday & Sunday
8.00am - 18.00pm



Swan Pool & Leisure Centre

London Road, Buckingham MK18 1AE

Telephone: 01280 817500

Web: www.swanpool.org

Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.

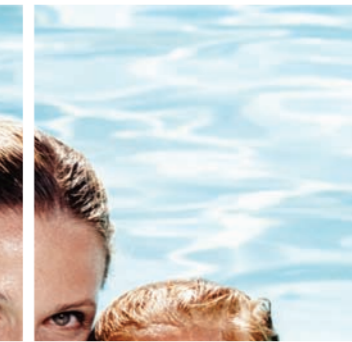


in partnership with



Pool Timetable

2010



speedo

Clothing and Equipment

Shop online at www.swanpool.org to receive 10% off all speedo clothing, equipment and accessories with discount code ACTIVE3432. All orders delivered free to UK addresses.



Session Descriptions



H2O-ACTIVE

Active sessions are for those looking to use swimming for exercise purposes, or to improve fitness levels.

- Lane Swimming/Adult Only Lane Swimming
- Early Morning Swim
- Lunchtime Swim/Adult Only Lunchtime Swim
- Aqua Tone
- Over 50s Aqua Tone



H2O-SOCIAL

Social sessions are for those looking to get enjoyment out of swimming. These sessions enable you to swim with others of similar ability and are a great way to meet like-minded swimmers.

- General Swim
- Over 50's Swim



H2O-WELLBEING

Wellbeing sessions are for those looking to use swimming to improve overall health, fitness and wellbeing. A great way to exercise, tone and relieve stress.

- Aqua Natal
- Women Only Swim
- Adult Swim



H2O-FAMILY

Family sessions have been specifically designed for those with children. The Family sessions offer a calm and enjoyable atmosphere for young and old alike - the perfect family day out.

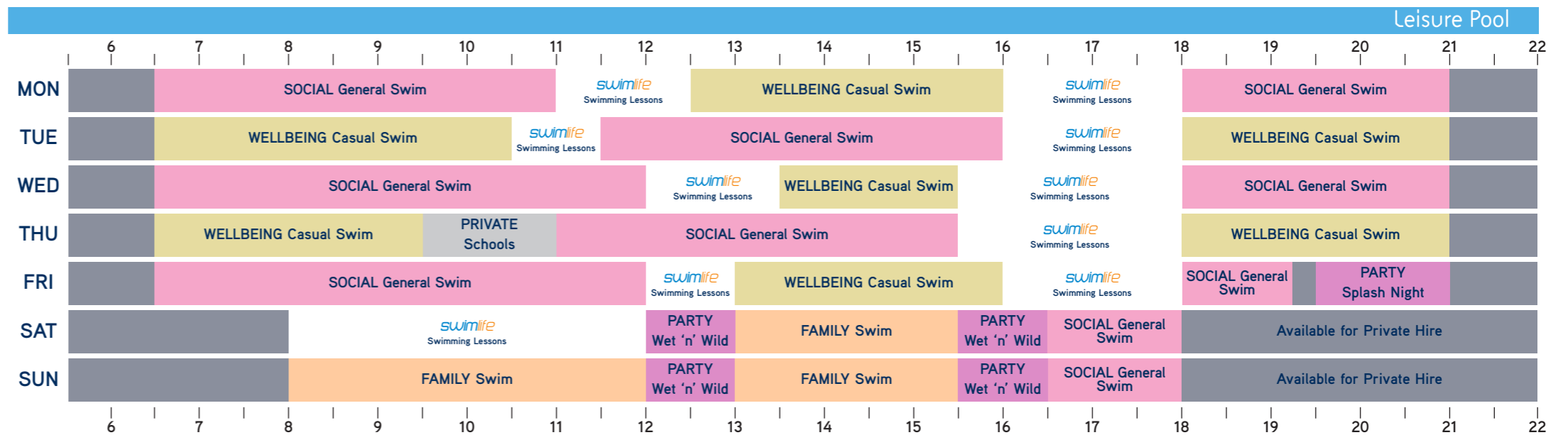
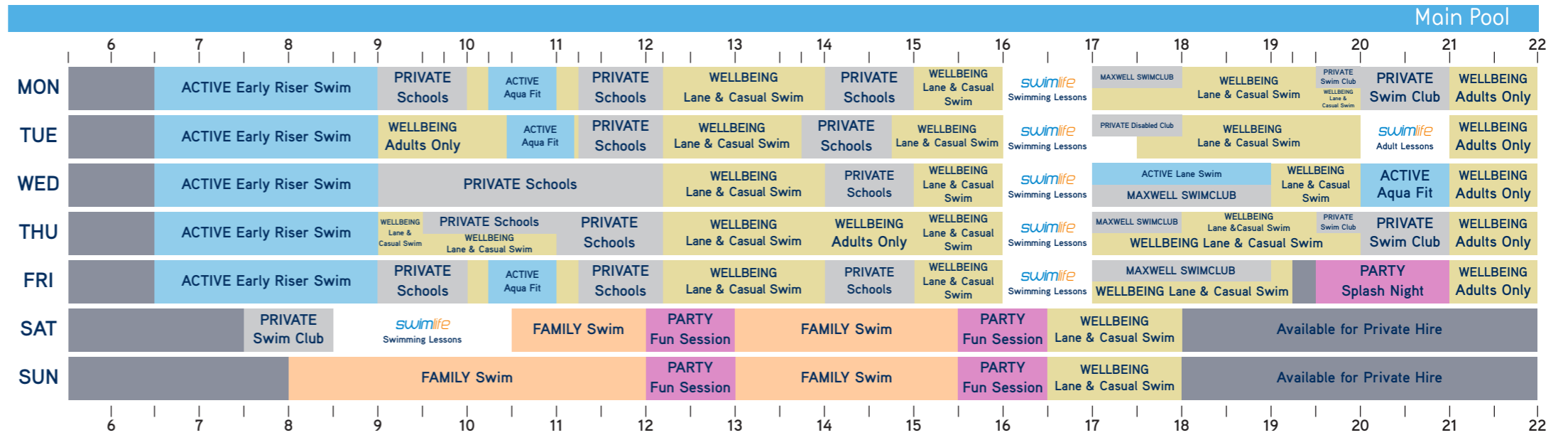
- Family Swim
- Parent and Toddler Swim



Swim Life is the swimming lesson programme. Pupils progress through structured levels with a qualified swimming instructor, learning valuable skills and stroke techniques.

Under 8's Policy

All H2O Sessions (Except H2O Family) Children aged 4-7 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 2 under 8's to every one adult. Children under the age of 4 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 1:1. H2O Family - Children aged 4-7 years must be accompanied by a responsible adult in the ratio 3:1. If 1 or more child is under 4 then they must be accompanied in the ratio 2:1.



- Features include: Water Jets, Bubble Beds, Spa
- Pool parties available, please see reception for more details