

## Swan Pool &amp; 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

## Clothing and Equipment

Shop online at [www.swanpool.org](http://www.swanpool.org) to receive 10% off all clothing, equipment and accessories with the discount code ACTIVE3432. All orders delivered free to UK addresses.

## Membership feels great...

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

\*depending on Membership type

NB. On occasion there will be 2 lanes used for Staff Training purposes on a Wednesday between 19.00 - 21.00.

## Swan Pool &amp; Leisure Centre

London Road, Buckingham MK18 1AE

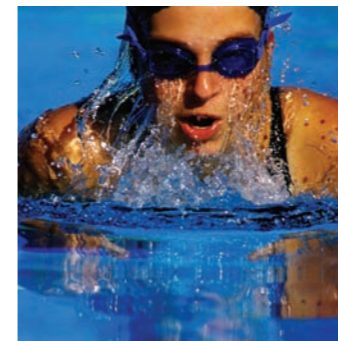
Telephone: 01280 817500

Web: [www.swanpool.org](http://www.swanpool.org)

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



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

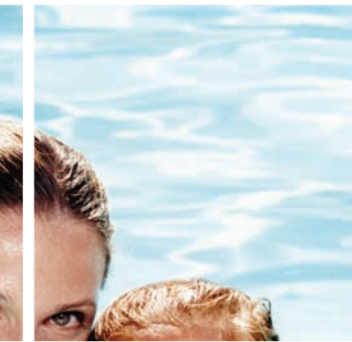


in partnership with



## Pool Timetable

2010



## 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.

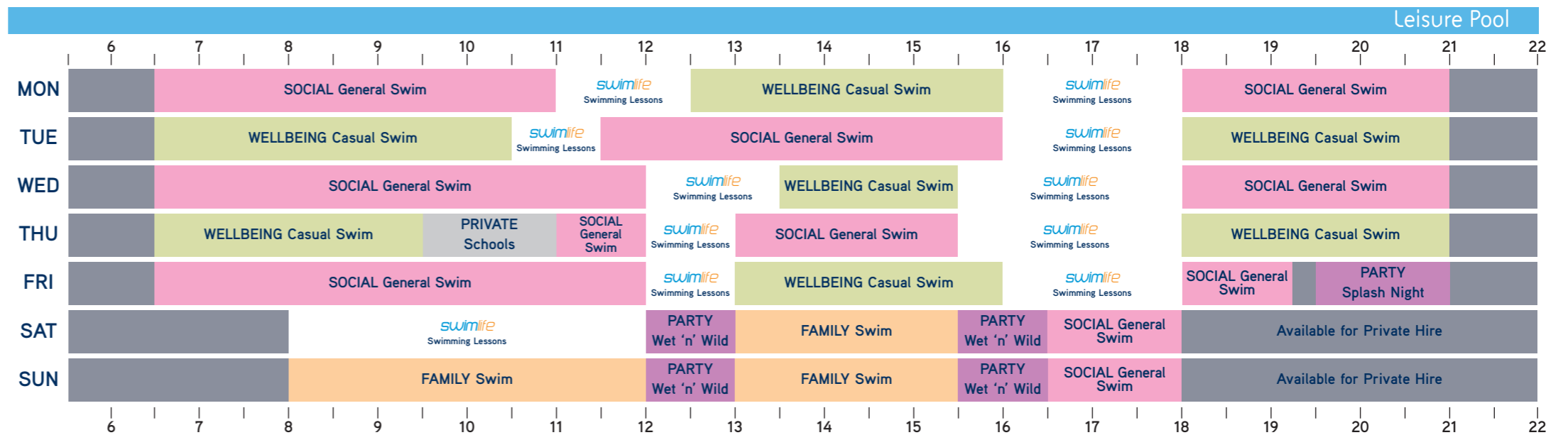
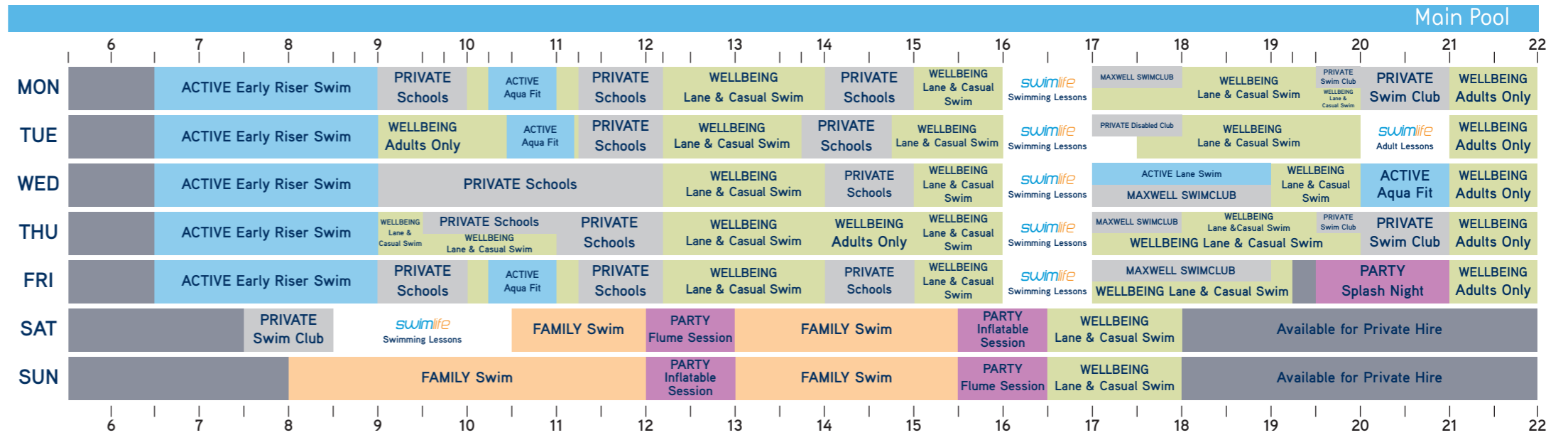
- Family Swim
- Parent and Toddler Swim



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