

## Welcome

We offer a wide range of facilities and activities. There really is something for everyone, you can choose from:

- Swimming Pool
- Swimming Lessons
- Fitness Suite
- Personal Fitness Programme
- Workout Classes
- Squash
- All Weather Pitch
- Activity Room
- Crèche
- Meeting Room
- Children's Parties
- Treatment Rooms

## Special Rates and Discounts

25 Adult Swim Card  
25 Swim Card Concession

£60.00  
£40.00

## Membership feels great...

**isospa** Fitness Health Membership includes unlimited use of:

- Fitness Suite
- Swimming Pool
- Workout Classes
- Sauna

**H2O** Membership includes unlimited use of:

- Swimming Pool (excluding Aqua Fit)
- Sauna

Discounted memberships are available for the following:

- Students
- Juniors
- Groups/Organisations
- Those over the age of 60
- Those wishing to visit at Off-Peak times 9.00am - 5.00pm Mon - Fri

Contact Reception, or your Customer Advisor on 01280 821956 for details of prices and which membership is the most suitable for you. Opening hours subject to change on Bank Holidays information available on request.

### Swan Pool & 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 - 10.00pm  
**Saturday**  
8.00am - 6.00pm  
**Sunday**  
8.00am - 6.00pm



## Centre Information 2009

all part of  
feeling  
great

| Activity  | Day   | Time                       | Price  |
|---|---|----------------------------|--|
| <b>Isospa Fitness and Workout</b><br>Gym Induction<br>Casual Gym<br>GP Referral   | Monday-Sunday   | 09.00-22.00                | <b>£17.00</b><br><b>£5.70</b><br><b>£2.30</b>  |
| <b>Junior Gym</b><br>Gym Induction<br>Casual Gym  | Wed/Thurs/Fri<br>Saturday & Sunday  | 16.00-17.00<br>14.00-15.00 | <b>£10.50</b><br><b>£3.10</b>  |
| <b>Swimming</b><br>Adult Swim<br>Junior Swim<br>Family Swim<br>Early Riser/Lunchtime Swim<br>Over 60's Swim<br>Aqua Fit<br>Parent & Child<br>Nite Wave<br>Under5's swim free<br>Swim Club | See Pool Timetable<br>See Pool Timetable<br>See Pool Timetable<br>Monday – Friday<br>See Pool Timetable<br><br>See Pool Timetable | 06.30-08.45                | <b>£3.20</b><br><b>£2.00</b><br><b>£7.50</b><br><b>£2.50</b><br><b>£2.00</b><br><b>£4.45</b><br><b>£2.30</b><br><b>£2.00</b><br><br><b>£1.40</b> |
| <b>Swimming Lessons</b><br>Junior Lesson<br>Adult & Child Lesson<br>Adult Lesson<br>Private 1 to 1 Lessons<br>Crash Courses   | Please see reception for more information   |                            | <b>£4.40</b><br><b>£4.40</b><br><b>£5.30</b><br><b>£15.00</b><br><b>£10.00</b><br><b>for 4 days</b>  |
| <b>Courses</b><br>NPLQ<br>ASA swimming teachers courses please contact reception for more information   |   |                            | <b>£250</b>  |
| <b>Room Hire</b><br>Meeting/Crèche room<br>Dance Studio   |   |                            | <b>£17.00</b><br><b>£24.00</b>   |
| <b>Sunbeds</b><br>Sunbed<br>Sunbed Members<br>Sun Shower<br>Sun Shower Members<br>Session Cards   | Please see reception for more details   |                            | <b>£5.00</b><br><b>£4.30</b><br><b>£4.10</b><br><b>£3.90</b>   |

| Activity   | Day   | Time                     | Price  |
|--|---|--------------------------|--|
| <b>Health Suite</b><br>Sauna/Swim Adult<br>Sauna/Swim Concession   |   |                          | <b>£5.10</b><br><b>£3.55</b>   |
| <b>All Weather Pitch</b><br>Whole Pitch<br>1/3 Pitch<br>Whole Pitch Off Peak<br>1/3 Pitch Off Peak<br>Floodlighting<br>1/3 Pitch   | 3.00pm-9.00pm Saturday & Sunday                   |                          | <b>£37.00</b><br><b>£13.00</b><br><b>£18.00</b><br><b>£6.00</b><br><b>£13.00</b><br><b>£6.00</b>                             |
| <b>Pool Hire</b><br>Main Pool Hire<br>Leisure Pool Hire<br>Lane Hire   |   |                          | <b>£70.00</b><br><b>£60.00</b><br><b>£11.50</b>  |
| <b>Children's Parties</b><br>H20 Pool Party  | minimum 10 children                               | Main pool includes flume | <b>£95.00</b><br><b>£75.00</b><br>Leisure Pool   |
| H20 Pool Party   |   |                          | <b>£75.00</b>  |
| *Other options available please see reception for more details   |   |                          |  |
| <b>Studio Classes</b><br>Aqua Fit<br>Aerobics<br>Body Pump<br>Yoga<br>Body Balance<br>Circuits   |   |                          | <b>£4.45</b><br><b>£5.10</b><br><b>£5.10</b><br><b>£5.10</b><br><b>£5.10</b><br><b>£5.10</b><br><b>£5.10</b>                 |
| <b>Crèche</b><br>Extra Child   | 60 mins   |                          | <b>£2.10</b><br><b>£1.60</b>   |
| <b>Squash</b><br>Squash Adult Peak<br>Squash Adult Off Peak<br>Squash Junior Peak<br>Squash Junior Off Peak<br>Squash Club Night<br>Squash Club Peak<br>Squash Club Off Peak<br>Squash Isospa Member | all other times<br>Monday – Friday 9.00am -5.00pm |                          | <b>£5.40</b><br><b>£4.00</b><br><b>£2.30</b><br><b>£2.10</b><br><b>£2.30</b><br><b>£5.00</b><br><b>£4.00</b><br><b>£3.50</b> |

## Additional Information

### Hints and Tips

- Use the changing facilities and lockers provided for all personal belongings
- A £1 coin (refundable) is required for the lockers
- Don't forget your workout towel
- Appropriate clothing and footwear for the activity must be worn (advice available on request)
- Consult a doctor before participating in any activity
- Make your instructor aware of pregnancy or any medical conditions
- If you feel dizzy, or unwell, then stop the activity and seek advice from your instructor
- It is a good idea to try and book your classes in advance to guarantee your place.

### Bookings

- Booking can be made 7 days in advance from 09.00
- Bookings can be made in person, by phone/email or online via [www.swanpool.org](http://www.swanpool.org)
- Members will need their membership number to make a booking
- Casual users will need to be issued with a booking number in order to make bookings. Casual users must attend their chosen Centre in person to complete a short application form and will then be issued with a booking number.

### Cancellation Policy

- All bookings must be paid for in full at time of booking, unless activity included in membership.
- 24 hours notice must be given to cancel a booking.
- All customers giving less than 24 hours notice, or failing to attend a pre-booked activity will be charged the full fee for the activity in question.
- Customers with payments outstanding will NOT be permitted to book/attend activities until the outstanding payment has been cleared.
- Cancellations can be made by phone or in person.