



Waterworld, Prudhoe, Northumberland NE42 5DQ

Tel: 01661 833144

Email: waterworld@northcountryleisure.org.uk

See programme for swim and activity times.

Centre & Gym Opening Times:

Monday to Friday 7.00am - 9.45pm (Friday only gym closes 9.00pm)

Saturday 8.00am - 6.00pm

Sunday 8.00am - 6.30pm (Gym closes 6.00pm)

Last admission 45 mins before end of session.

This leaflet is available on audiotape and as a large print version. Please ask for details at reception.

Pool Safety

All children under the age of eight should be accompanied in the water by a responsible person 16 years and over. This person may be responsible for up to two children under the age of eight. The accompanying person should ensure that all under eight's and non-swimmers remain in safe areas of the pool (ie. in the shallow end, within their own depth of water and near to the pool side). The use of approved swimming aids for under eight's and non-swimmers is recommended.

Spectators

Spectators cannot supervise children under eight in the water. Spectators must use the designated area and are not allowed on poolside or poolside changing area in order to prevent contamination from shoes.



Excellent Sports and Leisure for All. North Country Leisure is supported by Northumberland County Council and Copeland Borough Council. Registered Charity No. 1075009.

We reserve the right to change the programme in exceptional circumstances.

Fitness

PROGRAMME 24th July to 6th September

| DAY | TIME | ACTIVITY | |
|-------------------|-------------------|--------------------------------|--------------------------|
| MONDAY | 7.10am - 7.50am | Gravity | |
| | 9.15am - 9.30am | Ab Attack (members only) | |
| | 9.30am - 10.20am | Total Body Workout | |
| | 10.30am - 11.20am | Young @ Heart | |
| | 10.30am - 11.15am | Studio Cycling | |
| | 11.30am - 12.30pm | Pilates (Intermediate) | |
| | 1.00pm - 2.00pm | Hatha Yoga | |
| | 6.00pm - 6.50pm | Boxercise | |
| | 7.00pm - 7.45pm | Studio Cycling | |
| | 7.00pm - 8.00pm | Fitball | |
| TUESDAY | 9.15am - 9.30am | Ab Attack (members only) | |
| | 9.30am - 10.20am | AeroBlast | |
| | 10.30am - 11.15am | Studio Cycling | |
| | 10.30am - 11.20am | Young @ Heart | |
| | 10.30am - 11.30am | Core Conditioning | |
| | 11.30am - 12.20pm | Healthy Life Class Level 2 | |
| | 5.30pm - 6.15pm | Gravity | |
| | 6.30pm - 6.50pm | Ab Attack | |
| | 6.30pm - 7.30pm | Weight Loss Workout | |
| | 7.00pm - 7.45pm | Studio Cycling | |
| WEDNESDAY | 9.30am - 10.20am | Gravity Circuit | |
| | 10.30am - 11.15am | Studio Cycling | |
| | 10.30am - 11.20am | Young @ Heart | |
| | 11.30am - 12.30pm | Pilates (beginners) | |
| | 12.30pm - 1.15pm | Adaptability Chair Based Class | |
| | 6.00pm - 6.50pm | Pure Step | |
| | 7.00pm - 7.50pm | Total Body Workout | |
| | THURSDAY | 9.15am - 9.30am | Ab Attack (members only) |
| | | 9.30am - 10.20am | AeroTone |
| | | 10.30am - 11.15am | Studio Cycling |
| 10.30am - 11.20am | | Young @ Heart | |
| 11.30am - 12.20pm | | Healthy Life Class Level 1 | |
| 6.00pm - 6.50pm | | Boot Camp Workout | |
| 6.00pm - 7.00pm | | Pilates (creche) | |
| 6.00pm - 6.45pm | | Studio Cycling | |
| 7.00pm - 7.45pm | | Studio Cycling | |
| 7.00pm - 8.30pm | | Iyengar Yoga (beginners) | |
| FRIDAY | 9.15am - 9.30am | Ab Attack (members only) | |
| | 9.30am - 10.20am | Legs, Bums & Tums | |
| | 10.30am - 11.15am | Studio Cycling | |
| | 10.30am - 11.25am | Salsacise | |
| | 11.30am - 12.00pm | LT Fit Club | |
| | 6.00pm - 7.00pm | Boxercise | |
| SATURDAY | 9.00am - 10.15am | Iyengar Yoga (Intermediate) | |
| | 9.15am - 10.00am | Studio Cycling | |
| SUNDAY | 9.30am - 10.20am | The Firming Programme | |
| | 10.30am - 11.15am | Studio Cycling | |
| | 10.30am - 11.30am | Fit to Dance | |
| | 2.30pm - 3.15pm | Junior Gym | |
| | | | |

■ Suitable for Healthy Life Referral participants
■ Suitable for children

Fitness

CLASS DESCRIPTIONS

- Ab Attack:** A quick intense workout to tone the stomach. (2-4)
- Adaptability Exercise Therapy:** Chair exercises for strength, balance, mobility and flexibility.
- Aerotone/blast:** Combination of choreographed aerobics and all over body toning. (2-3)
- Aerobics:** A high energy choreographed workout (co-ordination required) (2-4)
- Belly Dancing:** Egyptian dance involving sharp, fluent movements. (2-3)
- Boxercise:** A circuit based class with boxing techniques. glove and pad work included. (2-4)
- Circuits:** An excellent full body workout in an old school style circuit. (2-4)
- Chi Yagalates:** A mixture of Chi yoga, pilates and relaxation. (1-4)
- Fitball:** Improve your balance and posture using a stability ball to help strengthen your back and stomach (2-3)
- Fit to Dance:** Choreographed routines to chart music, for adults. (2-3)
- GRAVITY:** Full body workout to challenge muscular strength, endurance and core stability using gravity cable machine. (2-4)
- GRAVITY Circuits:** A circuit class that combines a strength workout with gravity cable machines with aerobic exercises. (2-4)
- GP Referral:** To attend you must be referred by your GP. For those who want help to become more active. Ask at reception or doctors surgery for details. (1)
- Healthy Life:** A gentle class for the more mature mover or those recovering from illness or injury. (1-2)
- IYengar Yoga:** Focusing on posture, movement and stretching. (2-4)
- Junior Gym:** Your chance to use the gym in this instructor led session. Improve your fitness and strength.
- Legs, Bums & Tums:** An aerobic warm up, followed by toning exercises that concentrate on the lower body. (2)
- LT Fit Club:** Movement to music for people with physical and learning disabilities. (1)
- Pilates:** A mat based class with slow controlled movements that will improve posture, strength and flexibility. (2)
- Pure Step:** A choreographed aerobic workout using a step (co-ordination required). (2-4)
- Salsacise:** A dance workout with all the latest salsa moves (some co-ordination but no partner required). (2-3)
- Studio Cycling:** A highly motivating stationary cycle workout. An excellent calorie burner. (3-4)
- The Firming Programme:** Strength, stamina and cardio workout. (2-4)
- Total Body Workout:** An all over toning and strengthening session using resistance bands and handweights. (2-4)
- Young @ Heart:** A class for the more mature exerciser that will improve fitness, strength and flexibility. Have fun and meet new people. (1-2)

Fitness Levels

1 = Gentle 2 = Suitable for most levels of fitness
3 = Reasonable fitness required 4 = Advanced

Prudhoe Waterworld

Summer Timetable

24th July to 6th September 2010



Swimming

POOL PROGRAMME

24th July to 22nd August (and 6th September)

| | | |
|----------------------------------|------------------|----------------------------------|
| MONDAYS (and 6th Sept) | 7.00am - 9.00am | Swim Only |
| | 9.00am - 10.00am | Young @ Heart activity session |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 3.30pm | Fun Time |
| | 3.45pm - 7.00pm | Junior Lessons (no general swim) |
| | 7.05pm - 8.00pm | Women Only |
| | 8.00pm - 9.45pm | Lane Swim (last entry 9pm) |

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|-----------------|------------------|----------------------------------|
| TUESDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 9.45am | Lane Swim |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 3.45pm | Fun Time |
| | 4.00pm - 6.00pm | Junior Lessons (no general swim) |
| | 6.05pm - 6.55pm | Lane Swim |
| | 7.00pm - 7.40pm | Aquafit (whole pool used) |
| | 7.50pm - 8.30pm | Aquafit (whole pool used) |
| | 8.35pm - 9.45pm | Lane Swim (last entry 9pm) |

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|-------------------|--------------------------------|----------------------------------|
| WEDNESDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 10.00am | Aquafit (whole pool used) |
| | 9.15am - 10.00am | Waterbabies (beach area) |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 3.45pm | Fun Time |
| | 4.00pm - 7.00pm | Junior Lessons (no general swim) |
| | 7.00pm - 8.30pm | Young @ Heart |
| 8.35pm - 9.45pm | Twilight Swim (last entry 9pm) | |

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| THURSDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 9.45am | Lane Swim |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 3.45pm | Fun Time |
| | 4.00pm - 5.45pm | Junior Lessons (whole pool used) |
| | 5.45pm - 7.00pm | *Rookie Lifeguard |
| | 7.00pm - 7.40pm | Aquafit (whole pool used) |
| | 7.50pm - 8.30pm | Aquafit (whole pool used) |
| | 8.35pm - 9.45pm | Lane Swim (last entry 9pm) |

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|----------------|------------------|--------------------------------|
| FRIDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 10.00am | Young @ Heart activity session |
| | 9.15am - 10.00am | Water Babies (beach area) |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 6.00pm | Fun Time |
| | 6.00pm - 8.30pm | Lane Swim (last entry 7.45pm) |

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| SATURDAYS | 8.00am - 11.00am | Junior Lessons |
| | 10.00am - 11.00am | Lane Swim (beach area unavailable) |
| | 11.05am - 3.15pm | Fun Time (prices from 10.45am) |
| | 3.15pm - 4.15pm | Inflatable Fun (last entry 3.45pm) |
| | 4.30pm - 4.30pm | Pool closes |
| 4.30pm - 5.15pm | Available for hire | |

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|----------------|------------------|------------------------------------|
| SUNDAYS | 8.00am - 10.00am | Swim Only |
| | 10.00am - 4.30pm | Fun Time (prices from 9.45am) |
| | 3.15pm - 4.15pm | Inflatable Fun (last entry 3.45pm) |
| | 4.30pm - 6.00pm | Swim Only |

Swimming

POOL PROGRAMME

23rd August to 5th September (excl. 30th Aug)

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| MONDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 10.00am | Young @ Heart activity session |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 6.00pm | Fun Time |
| | 6.05pm - 7.00pm | Swim Only |
| | 7.05pm - 8.00pm | Women Only |
| | 8.00pm - 9.45pm | Lane Swim (last entry 9pm) |

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|-----------------|------------------|---------------------------------|
| TUESDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 9.45am | *Children's Canoe Course |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 6.00pm | Fun Time |
| | 6.05pm - 7.00pm | Swim Only |
| | 7.00pm - 7.40pm | Aquafit (whole pool used) |
| | 7.50pm - 8.30pm | Aquafit (whole pool used) |
| | 8.35pm - 9.45pm | Lane Swim (last entry 9pm) |

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|-------------------|--------------------------------|---------------------------|
| WEDNESDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 10.00am | Aquafit (whole pool used) |
| | 9.15am - 10.00am | Waterbabies (beach area) |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 6.00pm | Fun Time |
| | 6.05pm - 7.00pm | Swim Only |
| | 7.00pm - 8.30pm | Young @ Heart |
| 8.35pm - 9.45pm | Twilight Swim (last entry 9pm) | |

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|------------------|------------------|---------------------------------|
| THURSDAYS | 7.00am - 9.00pm | Swim Only |
| | 9.00am - 9.45am | *Children's Canoe Course |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 6.00pm | Fun Time |
| | 6.00pm - 6.45pm | *Junior Total Wipeout |
| | 7.00pm - 7.40pm | Aquafit (whole pool used) |
| | 7.50pm - 8.30pm | Aquafit (whole pool used) |
| | 8.35pm - 9.45pm | Lane Swim (last entry 9pm) |

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|----------------|------------------|--------------------------------|
| FRIDAYS | 7.00am - 9.00am | Swim Only |
| | 9.00am - 10.00am | Young @ Heart activity session |
| | 9.15am - 10.00am | Water Babies (beach area) |
| | 10.00am - 2.00pm | Fun Time |
| | 2.00pm - 3.00pm | Inflatable Fun |
| | 3.00pm - 6.00pm | Fun Time |
| | 6.00pm - 8.30pm | Lane Swim (last entry 7.45pm) |

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| SATURDAYS | 8.00am - 11.00am | Swim Only |
| | 11.05am - 3.15pm | Fun Time (prices from 10.45am) |
| | 3.15pm - 4.15pm | Inflatable Fun (last entry 3.45pm) |
| | 4.30pm - 4.30pm | Pool closes |
| | 4.30pm - 5.15pm | Available for hire |

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|----------------|------------------|------------------------------------|
| SUNDAYS | 8.00am - 10.00am | Swim Only |
| | 10.00am - 4.30pm | Fun Time (prices from 9.45am) |
| | 3.15pm - 4.15pm | Inflatable Fun (last entry 3.45pm) |
| | 4.30pm - 6.00pm | Swim Only |

Swimming

POOL PROGRAMME

Bank Holiday Monday 30th August

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|------------------|------------------------------|
| 9.00am - 10.00am | Swim Only |
| 10.00am - 2.00pm | Fun Time |
| 2.00pm - 3.00pm | Inflatable Fun |
| 3.00pm - 5.00pm | Fun Time (last entry 4.15pm) |

SWIMMING DESCRIPTIONS

Aquafit: Water based aerobics & toning to music.

Fun Time: Waves, slide and water features.

Inflatable Fun: Space themed inflatable.

Lane Swim: Lane ropes are used in these sessions.

Swim Only: For those who wish to swim lengths.

Twilight Swim: Low overhead lights & subtle underwater lighting to give a relaxing swimming experience.

Water Babies: Fun with toys & floats for parents & children aged up to five years.

Women Only: A relaxing swim for women.

Young @ Heart: Water based fun session for over 45s. Varies from aquafit, volleyball, snorkelling etc.

*CHILDREN'S ACTIVITY SESSIONS

Canoe Course:

24th, 26th, 31st August & 2nd September.

For aged 8+ and able to swim 50m.

Rookie Lifeguard Course:

Learn basic lifeguard skills. For aged 8 to 13 years and able to swim 50m.

Junior Total Wipout:

Let your children test themselves on the crazy inflatable and slide time trial. Fastest person across the inflatable or down the slide will get a prize. **All welcome!**

Other info



Open every day!

Your little extra terrestrials will be blasted to another universe as they join Space Jack in his adventure soft play area. The little ones can battle their way past the space bashers and through the giant ball pool on the lower floor. For older children, their mission is to tackle ramps, crawl tunnels, bridges and inflatable planets over three floors, before they reach the ultimate black hole and spiral slide back to earth.

Creche (Closed for first two weeks of summer holidays)

Monday & Tuesday: 9.15am to 1.15pm

Wednesday: CLOSED

Thursday & Friday 9.15am to 3.00pm

During the summer holidays the creche is available for pre-school children. Booking essential. Children may be left for up to two hours while parents or carers make use of our leisure facilities.

Café @ Leisure

Observe the pool from the café area.

Open daily serving hot and cold drinks, healthy snacks, sandwiches and hot and cold meals. Throughout the summer holidays customers can also purchase picnic boxes which can be eaten within the cafe area or take advantage of the park and nature trail at the side and rear of the building.