

Swimming

DESCRIPTIONS

Adult Lane Swim: Swim lengths for exercise. No music.

Aquafit: Water based aerobics and toning to music.

Aqua Yoga - NEW Session: Improve flexibility by holding set positions and stretches in water.

Early Birds: Start the day with a revitalising swim. Open to all!

General Swim: General swimming for fitness and pleasure.

Ladies Only: Dedicated ladies session. For over 16's unless accompanied by an adult.

Lane Swim: Dedicated swim lane available for uninterrupted pool length swimming.

Inflatable: An exciting pool inflatable available during school holidays and weekends. No swimming lanes are available during these sessions.

Twilight Swim: Adults only - low lights in the pool hall and subtle underwater lighting make this swimming session a very relaxing experience!

Water Confidence: For parents who want to get their under 5's accustomed to water. Swimming teachers are available for advice. Assessment and advice on starting swimming lessons will also be given. No need to book.

Aqua Babes: 4 to 12 months. Introduction to water for babies with parents or guardians to help develop water confidence.

Aqua Tots: 12 to 24 months. Introduction to water for tots with parents or guardians to help develop water confidence.

Aqua Kids: Aged 24 months to 3 years. Introduction to water for kids with parents or guardians to help develop water skills and confidence.

Pre-School Ducklings: 3 to 4 years. Introduction to water for children without parents or guardians. Basic skills taught through play using buoyancy aids

Fitness

FITNESS PROGRAMME

MONDAY	9.30am - 10.30am 11.00am - 11.45am 12.15pm - 1.15pm 6.15pm - 7.00pm 7.15pm - 8.15pm	Salsacise Pilates Pump FX Studio Cycling Boxercise NEW Class
TUESDAY	9.30am - 10.30am 10.30am - 11.45am 12.00pm - 12.45pm 1.00pm - 3.00pm 4.30pm - 5.30pm 6.00pm - 6.45pm 6.00pm - 7.00pm 7.00pm - 7.45pm	Blast FX NEW Class Tai Chi Pilates Cardiac Rehab Youth Dance England (9-16 yrs) Legs, Bums & Tums Circuits Pilates
WEDNESDAY	9.15am - 10.00am 10.00am - 10.45am 11.00am - 11.45am 12.15pm - 1.00pm 1.00pm - 4.00pm 2.00pm - 4.00pm 5.30pm - 6.15pm 6.15pm - 7.00pm 7.00pm - 8.00pm	Yoga Legs, bums & tums Core Workout Pilates Studio Cycling 50+ Session Line Dancing Step Legs, bums & tums Pump FX NEW Class
THURSDAY	11.00am - 12.00pm 12.00pm - 12.45pm 1.00pm - 3.00pm 5.00pm - 6.00pm 6.00pm - 7.00pm 7.00pm - 8.00pm	Pump FX Yoga Cardiac Rehab Belly Dancing (Tribal) NEW Class Circuits Yoga NEW Class
FRIDAY	9.30am - 11.30am 10.00am - 1.00pm 11.30am - 12.00pm 12.15pm - 1.00pm 5.15pm - 6.00pm 6.15pm - 7.00pm	Line Dancing 50+ Session 50+ Fitness Class Circuits Studio Cycling Studio Cycling
SATURDAY	4.00pm - 5.00pm	Circuits

Fitness

FITNESS CLASS DESCRIPTIONS

Blast FX: A new and exciting body conditioning class set to music. Perform core, balance, aerobic and toning activities.

Belly Dancing: Tribal style belly dancing using slow, fluid hip movements and fast paced step patterns. (2)

Boxercise: A circuit based class with boxing techniques. Glove & pad work included. (2-4)

Circuits: An excellent full body workout in an old school style circuit. (2-4)

Legs, Bums & Tums: An aerobic warm up, followed by toning exercises that concentrate on the lower body. (2)

Line Dancing: Learn line dancing steps and techniques. (2)

Pilates: A mat based class with slow controlled movements that will improve posture, core strength and flexibility. (2)

Pump FX: Uses barbells and adjustable weights to achieve all over strengthening session using resistance bands and handweights. (2-3)

Salsacise: A dance workout with all the latest salsa moves. Some co-ordination, but no partner required. (2-3)

Step: An aerobic workout using a step - a simple and effective class. (2-3)

Studio Cycling: A highly motivating stationary cycle workout. An excellent calorie burner. (3-4)

Tai Chi: An exercise to promote balance relaxation and deep strength. (1-2)

Youth Dance England: Keep fit and be creative in this contemporary dance class for young people! (2)

Yoga: Improve strength & flexibility by holding set positions and stretching (2-3)

50+ Class: A variety of fitness classes geared to over 50's. (1)
50+ Sessions: For over 50's. Choose from gym, swim, fitness classes, badminton, table tennis, line dancing & new age curling. (1-2)

Levels:

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

Other information

SWIMMING CLUBS

Alnwick Dolphins

Alnwick Dolphins

The award winning Swim 21 Club!

Contact: alnwick.dolphins@googlemail.co.uk.

Alnwick Swimming Club

Lifesaving skills taught to young children and adults.

Contact: Christine Brown T: 01668 215343

SPORTS HALL ACTIVITIES

The six court sports hall is available to come and play a wide range of casual activities including five-a-side football, badminton, short tennis, table tennis or netball. Listed below are some of our regular activities. For further information contact reception.

Football Coaching: Coaching sessions by Trident Football Academy. T: 01665 712010

Willowburn Gymnastics: For 5 years +. Book at reception.

T: 01665 605030 for more details

Trampoline Coaching: Expert Tuition given for a variety of levels.

T: 01665 605030

Zebedee's Trampoline Club: Contact Tina Camilleri. T: 07702 810521

Tae Kwon Do: For all ages & abilities. T: 07971 818282

Willowburn Chinese Kickboxing: Various sessions. T: 01665 605030

DFM Kickboxing: Call 07967 724064 or 0191 4131079

Alnwick Karate Club: Contact Ian Willis. T: 07710 790643

CENTRE DISRUPTIONS

The centre will be closed at 5.00pm on Saturday 20th November for staff training.

The main swimming pool will be closed from 15th December for essential maintenance.

Further details will be published in November.

Willowburn

Sports & Leisure Centre

Timetables

7th Sept to 15th Dec 2010

Swimming

Swimming



Willowburn Avenue, Alnwick, Northumberland NE66 2JH

Tel: 01665 605030

Email: willowburn@northcountryleisure.org.uk

Centre Opening Times:

Monday to Friday 7.00am - 10.00pm

Saturday & Sunday 8.00am - 8.00pm

Bank Holidays 9.00am - 5.00pm

Last admission 30 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 in order to prevent contamination from shoes.

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



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

TERM TIME PROGRAMME

DAY	TIME	ACTIVITY	
MONDAY	7.00am - 8.30am	Alnwick Dolphins & Early Birds	
	8.30am - 9.30am	50+ & General Swim	
MAIN POOL	9.30am - 11.30am	Schools & General Swim	
	11.30am - 1.00pm	Adult Lane Swim & General Swim	
	1.00pm - 2.30pm	Schools Only	
	2.30pm - 4.00pm	50+ & General Swim	
	4.00pm - 6.00pm	Swim School & General Swim	
	6.00pm - 7.00pm	Alnwick Dolphins & General Swim	
	7.00pm - 8.00pm	W.I. & General Swim	
	8.00pm - 9.00pm	Tri Club & Adult Lane Swim	
	9.00pm - 10.00pm	Twilight Swim	
	TEACHING POOL	9.00am - 11.30am	School Swimming lessons
11.30am - 1.00pm		General Swim	
1.00pm - 2.30pm		School Swimming lessons	
2.30pm - 3.00pm		Water Confidence - Under 5's	
3.00pm - 4.00pm		General Swim	
4.00pm - 6.00pm		Swim School	
6.00pm - 8.00pm		General Swim	
TUESDAY	7.00am - 8.30am	Alnwick Dolphins & Early Birds	
	8.30am - 9.30am	CLOSED	
MAIN POOL	9.30am - 11.00am	Schools & General Swim	
	11.00am - 12.00pm	Ladies Only (over 16's)/Aqua Yoga	
	12.00pm - 1.00pm	Adult Lane Swim & General Swim	
	1.00pm - 2.30pm	Schools Only	
	2.30pm - 4.00pm	50+ & General Swim	
	4.00pm - 6.00pm	Swim School & General Swim	
	6.00pm - 7.00pm	Aqua Natal/Adult Lane Swim	
	7.00pm - 8.00pm	ATC & General Swim	
	8.00pm - 9.00pm	AquaFit	
	9.00pm - 10.00pm	Twilight Swim	
TEACHING POOL	9.00am - 11.00am	School Swimming Lessons	
	11.00am - 11.30am	Aquababes	
	11.30am - 12.00pm	Aquatots	
	12.00pm - 1.00pm	General Swim	
	1.00pm - 2.30pm	School Swimming Lessons	
	2.30pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim School	
6.00pm - 8.00pm	General Swim		
WEDNESDAY	7.00am - 9.00am	Alnwick Dolphins & Early Birds	
	9.00am - 10.00am	Schools & General Swim	
MAIN POOL	10.00am - 11.30am	Schools Only	
	11.30am - 12.00pm	Schools & general Swim	
	12.00pm - 1.00pm	Adult Lane Swim & General Swim	
	1.00pm - 2.00pm	Schools Only	
	2.00pm - 2.30pm	Schools & General Swim	
	2.30pm - 4.00pm	50+ & General Swim	
	4.00pm - 5.00pm	Swim School & General Swim	
	5.00pm - 6.00pm	Swim School & Alnwick Dolphins	
	6.00pm - 7.00pm	Swimming Club & General Swim	
	7.00pm - 8.00pm	RAF & General Swim	
	8.00pm - 9.00pm	Adult Lane Swim & Tri Club	
	9.00pm - 10.00pm	Twilight Swim	
	TEACHING POOL	9.00am - 11.30am	School Swimming Lessons
		11.30am - 1.00pm	General Swim
		1.00pm - 1.30pm	Pre-School Ducklings
1.30pm - 2.30pm		School Swimming Lessons	
2.30pm - 3.30pm		Water Confidence - Under 5's	
3.30pm - 6.00pm		Swim School	
6.00pm - 8.00pm		General Swim	
THURSDAY	7.00am - 8.30am	Alnwick Dolphins & Early Birds	
	8.30am - 9.00am	General Swim	
MAIN POOL	9.00am - 10.30am	Schools & General Swim	
	10.30am - 11.00am	Schools Only	
	11.00am - 11.30am	Schools & General Swim	
	11.30am - 1.00pm	Lane Swim & General Swim	
	1.00pm - 2.30pm	Schools Only	
	2.30pm - 4.00pm	General Swim	
	4.00pm - 5.00pm	Swim School & General Swim	
	5.00pm - 7.00pm	Alnwick Dolphins & General Swim	
	7.00pm - 9.00pm	Ladies Only	
	9.00pm - 10.00pm	Twilight Swim	
TEACHING POOL	9.00am - 9.45am	Water Confidence - Under 5's	
	9.45am - 11.30am	School Swimming Lessons	
	11.30am - 1.00pm	General Swim	
	1.00pm - 2.30pm	School Swimming Lessons	
FRIDAY	7.00am - 9.00am	Tri Club & Early Birds	
	9.00am - 10.00am	Schools & 50+	
MAIN POOL	10.00am - 12.00pm	50+/Adult Lane Swim	
	12.00pm - 1.00pm	Adult Lane Swim & General Swim	
	1.00pm - 3.00pm	Schools & General Swim	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim School & General Swim	
	6.00pm - 8.00pm	Alnwick Dolphins & General Swim	
	8.00pm - 9.00pm	Lane Swim & General Swim	
	9.00pm - 10.00pm	Twilight Swim	
	TEACHING POOL	9.00am - 10.00am	School Swimming Lessons
		10.00am - 11.00am	General Swim
11.00am - 11.30am		Pre-School Ducklings	
11.30am - 12.00pm		Aquakids	
12.00pm - 1.00pm		General Swim	
1.00pm - 3.00pm		School Swimming Lessons	
3.00pm - 4.00pm		Water Confidence - Under 5's	
SATURDAY	8.00am - 10.00am	Alnwick Dolphins & Lane Swim	
	10.00am - 11.00am	Swim School & General Swim	
MAIN POOL	11.00am - 2.00pm	General Swim	
	2.00pm - 3.00pm	Inflatable Session (no lanes)	
	3.00pm - 5.00pm	General Swim	
	5.00pm - 7.00pm	Alnwick Dolphins & General Swim	
	7.00pm - 8.00pm	Adult Lane Swim	
	TEACHING POOL	9.00am - 10.00am	Swim School
		10.00am - 5.00pm	General Swim
		5.00pm - 7.00pm	Party Bookings
SUNDAY	8.00am - 10.00am	Alnwick Dolphins & Lane Swim	
	10.00am - 2.00pm	General Swim	
MAIN POOL	2.00pm - 3.00pm	Inflatable Session (no lanes)	
	3.00pm - 4.30pm	General Swim	
	4.30pm - 7.00pm	Swim Club & General Swim	
	7.00pm - 8.00pm	Alnwick Dolphins & General Swim	
	TEACHING POOL	10.00am - 5.00pm	General Swim
		5.00pm - 7.00pm	Party Bookings

HALF TERM PROGRAMME

DAY	TIME	ACTIVITY	
Monday 25th October to Sunday 31st October 2010			
MONDAY	7.00am - 8.00am	Early Birds	
	8.00am - 9.30am	Alnwick Dolphins & Lane Swim	
MAIN POOL	9.30am - 12.00pm	General Swim	
	12.00pm - 2.00pm	General Swim & Adult Lane Swim	
	2.00pm - 3.00pm	Inflatable (no lanes)	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim School & General Swim	
	6.00pm - 7.00pm	Alnwick Dolphins & General Swim	
	7.00pm - 8.00pm	W.I. & General Swim	
	8.00pm - 9.00pm	Tri Club & General Swim	
	9.00pm - 10.00pm	Twilight Swim	
	TEACHING POOL	10.00am - 4.00pm	General Swim
4.00pm - 6.00pm		Swim School	
6.00pm - 8.00pm		General Swim	
TUESDAY	7.00am - 8.00am	Early Birds	
	8.00am - 9.30am	Alnwick Dolphins & Lane Swim	
MAIN POOL	9.30am - 12.00pm	General Swim	
	12.00pm - 2.00pm	General Swim & Adult Lane Swim	
	2.00pm - 4.00pm	General Swim	
	4.00pm - 6.00pm	Swim School & General Swim	
	6.00pm - 7.00pm	Aqua Natal/Adult Lane Swim	
	7.00pm - 8.00pm	Mencap & General Swim	
	8.00pm - 9.00pm	AquaFit	
	9.00pm - 10.00pm	Twilight Swim	
	TEACHING POOL	10.00am - 4.00pm	General Swim
		4.00pm - 6.00pm	Swim School
6.00pm - 8.00pm		General Swim	
WEDNESDAY	7.00am - 8.00am	Early Birds	
	8.00am - 10.00am	Alnwick Dolphins & Lane Swim	
MAIN POOL	10.00am - 12.00pm	General Swim	
	12.00pm - 2.00pm	General Swim & Adult Lane Swim	
	2.00pm - 3.00pm	Inflatable Session (no lanes)	
	3.00pm - 4.00pm	General Swim	
	4.00pm - 5.00pm	Swim School & General Swim	
	5.00pm - 6.00pm	Alnwick Dolphins & Swim School	
	6.00pm - 7.00pm	Swim Club & General Swim	
	7.00pm - 8.00pm	RAF & General Swim	
	8.00pm - 9.00pm	Adult Lane Swim	
	9.00pm - 10.00pm	Twilight Swim	
	TEACHING POOL	10.00am - 4.00pm	General Swim
		4.00pm - 6.00pm	Swim School
		6.00pm - 8.00pm	General Swim
	THURSDAY	7.00am - 8.00am	Early Birds
		8.00am - 9.30am	Alnwick Dolphins & Lane Swim
MAIN POOL	9.30am - 12.00pm	General Swim	
	12.00pm - 2.00pm	General Swim & Adult Lane Swim	
	2.00pm - 4.00pm	General Swim	
	4.00pm - 5.00pm	Swim School & General Swim	
	5.00pm - 7.00pm	Alnwick Dolphins & General Swim	
	7.00pm - 9.00pm	Ladies Only	
	9.00pm - 10.00pm	Twilight Swim	
	TEACHING POOL	10.00am - 4.00pm	General Swim
		4.00pm - 6.00pm	Swim School
		6.00pm - 8.00pm	General Swim

Two lanes available for lane swimming whenever possible.

FREE SWIMMING

The Government funded free swimming for over 60s has now ended. Normal pricing now applies.