

ACTIVE SCILLY PRICES 2017/18

Non-members:	
Adult swim, gym or fitness class	£6.00
Junior swim, gym or fitness class (all under 16s)	£4.50
Active Scilly Members:	
Adult swim, gym or fitness class	£4.50
Junior swim, gym or fitness class (under 16)	£2.20
Active Scilly Annual membership	
	£15.50
Visitor/short term packages:	
Weekly pass, fitness centre only - max 2 weeks	£15.00
Students' weekly pass, fitness centre only	£10.00
Members' unlimited usage packages:	
Adult bronze (select swim, gym or classes)	£30.00
Adult silver (select any two)	£38.00
Adult gold (all three)	£45.00
Junior bronze	£16.00
Junior silver	£38.00

PLEASE NOTE:

- Active Scilly membership is only available to residents of Scilly or seasonal staff.
- Annual membership is valid from date of purchase for 1 year.
- All session prices are valid for 1 hour.
- The minimum age for fitness centre usage and classes (currently cardiobikes and aquafit) is 14. A parent or other responsible adult must be present on the premises while 14 and 15 year olds attend.

Timetables shown are subject to change. Please check for last minute timetable variations.

PLEASE NOTE:

- At Normandy Pool, children under 8 years must be accompanied by an adult, and we encourage that under 4s be supervised 1:1. Full details of our admissions policy and adult/child ratios can be seen at www.scilly.gov.uk/learning-leisure/active-scilly/swimming-pool
- Normandy Pool is only open on alternate **Saturdays/Sundays** through September—dates on the timetable overleaf. If it is particularly bad weather, we may put on extra weekend sessions.
- We are a very small team. We do our best to avoid timetable disruptions, but due to illness or other absence it is sometimes unavoidable.
- The best way to check for last minute variations to the timetable is on our Facebook page (Active Scilly) or twitter account @activescilly
- You can also call the Carn Gwaval Wellbeing Centre reception on 01720 424373 during Fitness Centre opening hours; Normandy Pool, 01720 423645 during session times; or the Active Scilly office 01720 424881 during normal office hours.

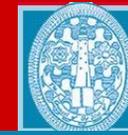
 'Active Scilly'
  @activescilly



Carn Gwaval Fitness Centre
 Carn Gwaval Wellbeing
 Centre, Old Town
 St. Marys, Isles of Scilly.
 TR21 0NA
Phone: 01720 424373



Normandy Swimming Pool
 Normandy
 St. Marys
 Isles of Scilly
 TR21 0AB
Phone: 01720 423645

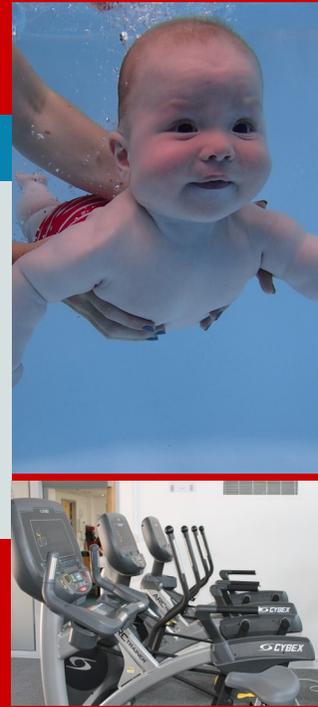


**ACTIVE
SCILLY**

Council of the Isles of Scilly

**NORMANDY
SWIMMING
POOL
& CARN GWAVAL
FITNESS CENTRE**

**Valid from 2nd - 30th
September 2017**



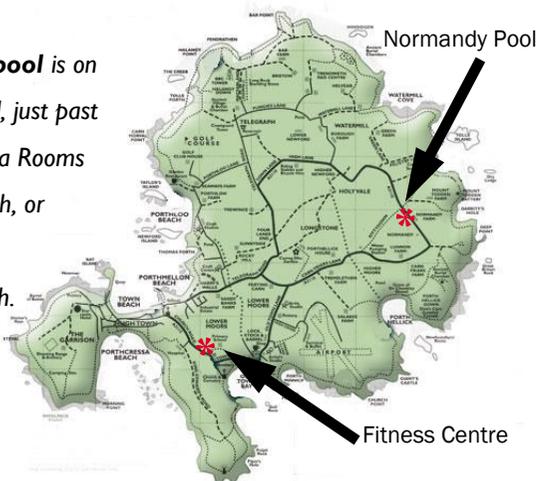
Normandy Pool

WELCOME to Normandy Pool, our warm and inviting 14 meter swimming pool, out-of-town on St Mary's. We aren't open all day, but for a range of sessions between 9am and 7.30pm, see timetable.

Your guide to our swimming sessions:

- Lane swim:** up-and-down swimming, any speed.
- Open swim:** general swim for all ages. At less busy times, part of the pool may be made available for lane swimming. Please be mindful of other pool users during these sessions.
- Relaxed swim:** adults only, no splashing please.
- Splash tots:** aimed at under 5s and their parents/carers, 1:1 ratio for the under 2s, please. Only the adults pay.
- Family fun:** all families and children welcome, inflatables, floats and sink toys available.
- Over 8s fun:** likely to involve music & excitement!
- Aquafit:** pool fitness class, no booking required.

Normandy pool is on the main road, just past Carn Vean Tea Rooms from the North, or Porth Hellick from the South. The bus stops just outside.



Pool September timetable 2017. Valid 2nd — 30th September.

	MON	TUES	WEDS	THURS	FRI	SAT 9th & 23rd	SUN 3rd & 17th
09:00	Lane swim 09:00 - 10:00		Lane swim 09:15 - 10:30	Lane swim 09:00 - 10:30	Lane swim 09:15 - 10:30		
10:00	Open swim 10:00 - 11:00						Open Swim 10:00 - 11:00
11:00	Relaxed swim* 11:00 - 12:00	Aqua fit 10:30 - 11:30		Splash Tots 10:30 - 11:30			Family fun 11:00 - 12:00
12:00							
13:00							
14:00	Splash tots 14:00 - 15:00	Family fun 14:00 - 15:00	Open swim 14:00 - 15:00	Open swim 13:30 - 14:30		Family fun 14:00 - 15:00	
15:00				Relaxed swim* 14:30 - 15:30		Over 8s fun 15:00 - 16:00	
16:00					Family fun 15:30 - 16:45	Lane Swim 16:15 - 17:15	
17:00			Lane Swim 17:15 - 18:15		Lane swim 16:45 - 18:00		
18:00							
19:00			Aqua fit 18:30 - 19:30	Lane swim 19:30 - 21:00			

PLEASE NOTE the following variations to this timetable:

Weds 6th: lane session will run from 9:30-10:30am, and there will be **NO** open swim session (14:00-15:00) on this date.

Sat 9th: the Family fun session will be at the altered time of 15:00-16:00. There will be no over 8s fun, but lane swim is as normal.

Carn Gwaval Fitness Centre

Our fitness centre, based at the Wellbeing Centre next to the school in Old Town, is open seven days a week at the following times:

Mon—Thurs 12:00—19:45
 Fridays 09:00—19:45
 Sats & Suns 10:00—13:00

We also have **CARDIOBIKES** (spin) classes at the Fitness Centre at the following times:

Tues & Fri 07:15—08:00
 Tues & Thurs 18:30—19:15

Booking is essential for cardiobikes. Please call the Sports Hall on 424373 during Fitness Centre hours for more information or to make a booking.

Customers with certain health conditions can only attend the Fitness Centre when a gym instructor is present. Currently, those times are: **12:30-13:30 on Wednesdays; and 09:00-12:00 & 12:30-13:30 on Fridays.**