

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 packages: | |
| Weekly pass, fitness centre only - max 2 weeks | £15.00 |
| Students' weekly pass, fitness centre only | £10.00 |
| Members' unlimited usage packages: *Summer deal* | |
| Adult bronze (select swim, gym or classes) | £25.00 £30.00 |
| Adult silver (select any two) | £33.00 £38.00 |
| Adult gold (all three) | £40.00 £45.00 |
| * The summer deal price will apply to all packages purchased between 1st and 31st August 2017. | |
| Also in the summer deal: Active Scilly loyalty cards. | |
| Come to five matching sessions (swim, gym or class) and get your sixth session FREE! Please ask at the pool or fitness centre for a card. | Buy 5 get one FREE |

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.

All Active Scilly facilities will be closed on Bank Holiday Monday (28th Aug)

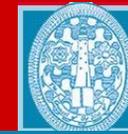
PLEASE NOTE:

- 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 August—dates on the timetable overleaf.
- We are a very small team so timetables shown are subject to change.
- If it's bad weather, we will try to put on extra Family fun pool sessions.
- We will also be running evening lane sessions, but not on the same night every week., so these are not in the timetable.
- 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.



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 31st July - 3rd September 2017



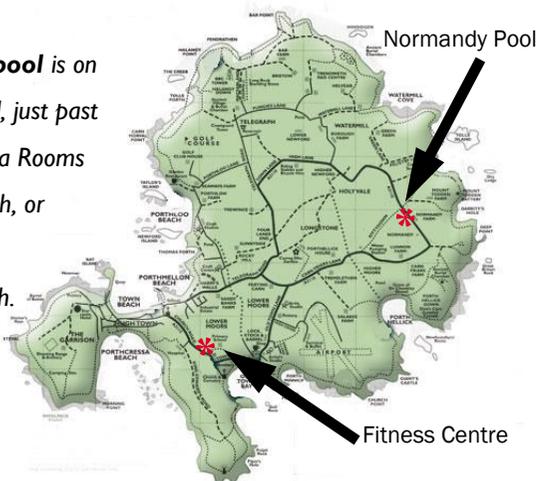
Normandy Pool

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 5's and their parents/carers, 1:1 ratio for the under 3s, 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 summer timetable 2017. Valid 31st July—3rd September.

| | MON | TUES | WEDS | THURS | FRI | SAT 5th, 19th Aug & 2nd Sept | SUN 13th & 27th Aug |
|-------|--------------------------------|---------------------------|-----------------------------|--------------------------------|-----------------------------|------------------------------------|-----------------------------|
| 09:00 | Lane swim 09:00 - 10:00 | | Lane swim 09:00 - 10:00 | Lane swim 09:00 - 10:30 | Lane swim 09:00 - 10:00 | | |
| 10:00 | Open swim 10:00 - 11:00 | | Open swim 10:00 - 12:00 | Splash Tots 10:30 - 11:30 | Open swim 10:00 - 12:00 | | Open Swim 10:00 - 11:00 |
| 11:00 | Relaxed swim* 11:00 - 12:00 | Aqua fit 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 - 15:15 | Open swim 13:30 - 14:30 | Family fun 14:00 - 15:15 | Family fun 14:00 - 15:00 | |
| 15:00 | | | | Relaxed swim* 14:30 - 15:30 | | Over 8s fun 15:00 - 16:00 | |
| 16:00 | | | | | | Lane Swim 16:15 - 17:15 | |
| 17:00 | | | Lane Swim 17:15 - 18:15 | | | | |
| 18:00 | | | Aqua fit 18:30 - 19:30 | | | | |
| 19:00 | | | | | | | |

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 09:00-13:30 on Fridays.**