

ACTIVE SCILLY PRICES 2018

effective from 1st January 2018

Active Scilly registered members:	Adult	Child/conc
Swim	£4.50	£3.00
Gym	£5.00	£3.50
Fitness class	£5.50	£4.00
Non-members:	Adult	Child/conc
Swim	£6.00	£4.50
Gym	£6.50	£5.00
Fitness class	£7.00	£5.50
Active Scilly registration 2018	£15.00	
Family registration (up to 4 people)	£42.00	
Family registration (5+)	£48.00	
Members' unlimited packages:	Adult	Child/conc
Bronze (select swim, gym or classes)	£25.00	£15.00
Silver (select any two)	£34.00	£25.00
Gold (all three)	£39.00	£32.00
Multi-month packages:		
12 (continuous) months for the price of 10		
8 (continuous) months for the price of 7		
4 (continuous) months—£10 off adults , £5 off child/conc		

PLEASE NOTE:

- Active Scilly membership is only available to residents of Scilly or seasonal staff.
- Child refers to anyone under the age of 16.
- Concessionary rates apply to those on means tested benefits, or registered disabled (blue badge holders). Evidence required.

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 11s fun:** session with music for the teens and tweens
- Aquafit:** pool fitness class, no booking required.
- Teen swimfit:** fitness lane swimming session for youngsters aged 11+. Bookings preferred (see poster for details).
- ** Unsupervised swimming:** Active Scilly members who have signed-up and been approved only, please **

At all times where no session is marked, the pool is closed. Please see our website/social media for details of adult:child ratios and other useful information.

 '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
POOL**
& CARN GWAVAL
FITNESS CENTRE

**CHRISTMAS
HOLIDAY
TIMETABLE**

Valid from 22nd Dec
2017 - 7th Jan 2018



Pool Christmas / New Year timetable. Valid 22nd December — 7th January

	SAT 23	SUN	MON	TUE	WEDS 27	THURS 28	FRI 29	SAT 30	SUN	MON	TUES 2	WEDS 3	THURS 4	FRI 5	SAT 6	SUN 7
09:00					09:00-10:30	Lane swim 09:00 - 10:30	09:00-10:30				09:00-10:30	09:00-10:30	Lane swim 09:00 - 10:30	09:00-10:30		
10:00																Open Swim 10:00 - 11:00
11:00					Family fun 10:30 - 11:30	Splash Tots 10:30 - 11:30					Aqua fit 10:30 - 11:30	Family fun 10:30 - 11:30	Splash Tots 10:30 - 11:30			Family fun 11:00 - 12:00
12:00													12:00-13:00			12:00-13:00
13:00						Open swim 13:00 - 14:00							Open swim 13:00 - 14:00			
14:00						Relaxed swim 14:00 - 15:00	Family fun 14:00 - 15:00						Relaxed swim 14:00 - 15:00	Family fun 14:00 - 15:00		
15:00	Family fun 14:30 - 16:00					15:00-16:00	Teen swimfit (bookings)	Family fun 14:30 - 16:00					15:00-16:00	Teen swimfit (bookings)	Family fun 14:30 - 16:00	
16:00	16:00-17:00						Over 11s fun 15:30 - 16:30				Family fun 15:30 - 16:30			Over 11s fun 15:30 - 16:30	16:00-17:00	
17:00					16:30-17:30		16:30-18:00					16:30-17:30		16:30-18:00		
18:00					Lane Swim 17:30 - 18:30						16:30-18:45	Lane Swim 17:30 - 18:30				
19:00												Aqua fit 18:30 - 19:30				

For key to the different sessions, see back page. Last minute timetable variations will be posted to Facebook and Twitter.

Fitness Classes: what's on?

- Tues & Thurs—Cardiobikes—18:30-19:15
- Thursdays—Abbie's circuits—17:30-18:30
- Fridays—Bodyweight circuits—17:30-18:30
- Saturdays—Spin & Abs—07:30-08:15

See separate poster or social media for the small number of dates that these sessions aren't running.

Carn Gwaval Fitness Centre

The fitness centre (gym) at Carn Gwaval will be closed on December 24th, 25th, 26th, 31st and 1st January, and will also **close at 2pm on Friday 22nd December**. It will be open as normal on all other days over the school holidays (see right for normal opening times).

Fitness centre (gym) normal opening times:

- Mons, Tues, Thurs 12:00—19:45
- Wednesdays 07:00—19:45 (beginners only 9-10.30)
- Fridays 09:00—19:45
- Sats & Suns 10:00—13:00