

# ACTIVE SCILLY PRICES 2017/18

<b>Non-members:</b>	
Adult swim, gym or fitness class	£6.00
Junior swim, gym or fitness class (all under 16s)	£4.50
<b>Active Scilly Members:</b>	
Adult swim, gym or fitness class	£4.50
Junior swim, gym or fitness class (under 16)	£2.20
<b>Active Scilly Annual membership</b>	
	<b>£15.50</b>
<b>Visitor/short term packages:</b>	
Weekly pass, fitness centre only - max 2 weeks	£15.00
Students' weekly pass, fitness centre only	£10.00
<b>Members' unlimited usage packages:</b>	
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](http://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**



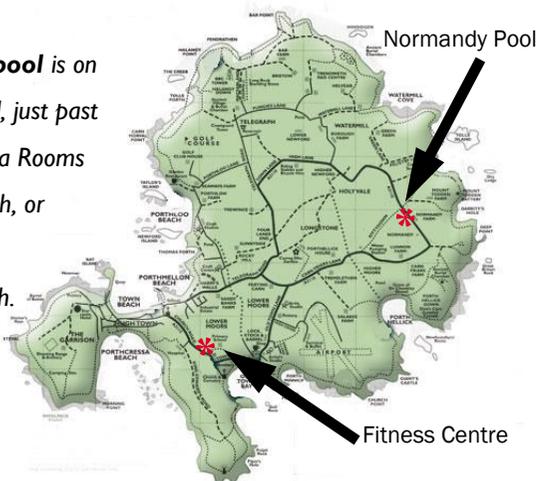
# Normandy Pool

**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 Vein 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.**