



Wales National
Pool Swansea
Pwll Cenedlaethol
Cymru Abertawe

www.walesnationalpoolswansea.co.uk

Winter / Spring Season
2 January - 15 April 2012

Programme, Prices & Aqua School Information

PWLL CENEDLAETHOL CYMRU ABERTAWE
WALES NATIONAL POOL SWANSEA

Welcome to the Winter / Spring Timetable

New Year Resolutions...

... out with the old and in with the new at Your National Pool

Now is the time to make a Splash, with 2012 providing the perfect opportunity to get into the pool and make those resolutions stick.

Wales National Pool Swansea is proud to be part of the **British Swimming Big Splash** campaign the aims of which are to encourage new swimmers into the pool and to help those already swimming to swim more often. We have a range of activities planned over the next few months culminating in the **Swimathon Weekend** 27th - 29th April, giving you our swimmers the opportunity to raise money for **Marie Curie Cancer Care** through the traditional 2.5k, 5k or Team 5k challenges. In 2012 swimmers can also pile in the pounds for Sport Relief through the new **Big Splash Mile for Sport Relief**. Further details are available from reception or on our website www.walesnationalpoolswansea.co.uk.

In order to get our customers in the mood for this event, we are giving you the chance to make your own Big Splash by swimming the **Gower coast** in the comfort and safety of your national pool. The distance from Loughor to Mumbles is about 50 miles - quite a distance. However after the exploits of swimmers like **David Walliams** who swam the length of the Thames for the **Big Splash campaign**, it's certainly inspired us and hopefully you too. So come along to the Wales National Pool now, keep a record of the distances you swim at each visit and see if you can complete the full 50 miles by the time of April's Swimathon. We know that 50 miles might be a bit daunting so you may want to try the stretch between Mumbles and Caswell Bay, which is about four miles; or the stretch between Rhossili and Oxwich Bay which is 12 miles. Whatever your chosen distance, if you get involved it will keep you motivated going into 2012 and provide a sense of achievement and best of all it's indoors! This is the perfect opportunity to improve your fitness levels without the risk to joints and muscles that other training regimes like road-running can cause. Just ask at reception or check out our website for more information.

Here's to a great 2012!

Jeremy and the WNPS team

Our Mission and Vision

The vision of Wales National Pool Swansea is to be a World Class Centre for "Aquatic Sport". To be at the forefront of the development and enhancement of Aquatic Sports in Britain from grass roots to high performance level; and to promote health and wellbeing for all.

world
class
centre

Essential Information

This outstanding facility contains both 50m and 25m swimming pools and is capable of accommodating a wide range of activities for the general public.

We cater for different sports, ages and abilities, ranging from absolute beginners to those at international standard. Our state of the art 50m Pool can be divided into 2 pools by means of a moveable boom. It also has a unique, moveable floor allowing various floor depths and angles.

This impressive facility includes a changing village, café and meeting facilities, plus a wide range of sports services.

In addition to the 50m 8 lane competition pool, which has a uniform depth of 2m and seating for over 1200 spectators, there is also a 25m, 4 lane Training Pool with a constant depth of 1.2m.

The facility hosts a range of events and welcomes several governing bodies in a range of sporting disciplines.



Prices

Standard £4.05

Concession* £2.75

PTL £1.90

Under 5 FREE

Family Ticket £11.00

* To qualify for the concessionary rate you must present a valid ID card (staff of Swansea University, staff of The City and County of Swansea, SU students, full-time NUS / Student cardholders, children under 16 years and senior citizens) - no card, no discount.

up to 5 people, 2 must be adults, ratios apply

Wales National Pool Swansea reserve the right to check all tickets. Please ensure that you keep your ticket and place it in the box if no Sports Assistant is available on access control.

50m Pool and 25m split pool age restrictions

The 50m Pool and 25m split can only be used by competent swimmers. Competent children of 12 years and over can use this pool unaccompanied. Competent swimmers aged 8-11 (inclusive) can use the 50m Pool and 25m split if they pass a 50m Pool

assessment. Assessments are subject to staff availability. Please phone 01792 513513 before visiting for assessment availability / times. The assessment charge of £2.75 also includes an hour swim session, subject to completion of the assessment.

25m Training Pool and 23m split pool at 1.25m - adult/child ratios

Under 4yrs
one adult to one child

4yrs - under 8yrs
one adult to two children

8yrs+
no adult company required

Children Under 8 must be supervised at all times

All prices as of 1st August 2011

Why shower before you swim?

Improve water quality, reduce chemicals...

...**Spring into action for that beach holiday, be it home or away!**

A swimming pool is unique in that a numerous range of people share a common body of water!

We at Wales National Pool Swansea do our best to provide you with a clean, safe environment in which to enjoy your aquatics, but... **did you know the greatest pollutant we put in our pool water is you?**

It doesn't have to be like that!

Simply taking a full body shower (even without soap or shampoo) – including getting your hair wet, removes significant quantities of micro-organisms (we all carry them on our skin!), sweat, dead skin cells, cosmetics (it's much better for your skin to exercise without them!), deodorant, perfume and dirt etc. Don't let them enter the pool when you do!

A Statistic...

Pre-swim showering removes up to two thirds of the sweat products and a third of the bacteria that would otherwise end up in the pool.

Plus...

There is an added benefit in that the cleaner you are before you get in the pool, the cleaner the water will be, and so the fewer chemicals we will have to use to keep the water in tip top condition. This is better for you and for the environment!

It really is a no brainer! It's you who is going for that swim after all!

Please help us keep swimming fresh and follow these simple steps:

4 steps to good pool hygiene

- 1 Change
- 2 Use the toilet if you need to and don't forget to wash your hands
- 3 **SHOWER** (you need to get your hair wet if not wearing a hat and get rid of any cosmetics, perfume, deodorant, moisturisers etc.
- 4 Now go enjoy your swim!

On behalf of Wales National Pool Swansea
And your fellow swimmers

Thank you!

Membership

We offer a range of membership payment options designed to suit your needs and your wallet, whether you want to pay up front for a year, or pay monthly by direct debit. For more information, please just ask a member of staff and they will be happy to help.

Why take out a membership at Wales National Pool Swansea? Apart from the obvious financial savings the benefits of swimming include:

- ✓ Improves stamina
- ✓ Great for cardiovascular fitness
- ✓ Improves muscle tone
- ✓ Proven tool to combat stress - a major factor in most of our busy lives
- ✓ Research suggests that the healthier and fitter you are, the more productive you are - whether at work or at home!



Sign up today!

improve your health, stamina and fitness... and save yourself £££ by joining one of our great membership schemes

How much?

Membership equates to just 6 swims per month so you only need to commit to once or twice a week to **start saving money!**

	Annual	MonthlyDD
Standard	£259.00*	£24.30
Concession	£175.00*	£16.50
PTL	£119.00*	£11.40

*Annual prices frozen for 2011

Direct Debit members: there is a minimum contract period of 6 months

Off-Peak memberships

1

Are you keen to make swimming a regular part of your healthy lifestyle?

2

Can you swim between 09:00-12:00 and 14:00-15:00 Monday to Friday or all day on Sunday?

3

If the answer to these questions is YES then take advantage of our off-peak membership scheme!

Only £16.20 per month by direct debit!

Timetable: 2 - 8 January

 Important changes to admissions policy - see page 15

50m

	Members Only	Lane Swimming	Swimming 25/23m split	Aqua Jogging Fins and Paddles
Monday	50m POOL CLOSED			
Tuesday		08.00-10.00 2 , 10.00-11.30	12.00-15.00 1 2 21.00-22.00 2 19.30-22.00 1 2	10.00-11.30 1 12.00-14.00 1
Wednesday	17.00-19.30 2	08.00-10.00 2 10.00-15.00, 19.30-22.00		12.00-14.00 1
Thursday <i>Swimathon launch day</i>		08.00-10.00 2	10.30-15.00 1 15.00-22.00 2 19.30-22.00 3	12.00-14.00 1
Friday	17.00-19.30 2	08.00-10.00 2 10.00-15.00, 19.30-21.00		12.00-14.00 1
Saturday		09.30-11.30 2 11.30-16.30		
Sunday		13.00-21.00 1	09.00-12.30 1 10.00-11.00 2 S&P ▶ 1m 11.30-12.30 2 S&P 1m	09.00-11.00 1 13.00-15.00 1

Please bring own equipment - limited aqua belts available.
NB Competency, child/adult ratio & age restrictions apply.

S&P ▶ 1m Splash & Play 0.3-1m shallow-deep
S&P 1m Splash & Play session 1m

don't miss out

Date for your diary!
Swimathon launch event
on Thursday 5th January.



25m

	Members Only	Lane Swimming	Recreational	Splash & Play
Monday		08.00-10.00, 16.00-17.30	15.00-16.00	14.00-15.00
Tuesday	06.00-08.00	08.00-09.30, 17.30-20.00	12.00-13.00, 15.30-17.30	13.00-13.45* 13.45-14.30*
Wednesday	06.00-08.00	08.00-10.00, 12.00-14.00 21.00-22.00	11.00-12.00, 15.00-19.00	10.00-11.00 14.00-15.00
Thursday <i>Swimathon launch day</i>	06.00-08.00	08.00-10.00, 17.30-22.00	12.00-17.30, 15.30-17.30	10.00-11.00 11.00-12.00
Friday	06.00-08.00	08.00-10.00, 12.30-13.30 14.30-17.00, 20.00-21.00	11.00-12.30, 17.00-19.00	10.00-11.00 13.30-14.30
Saturday		07.00-09.00	09.00-10.00, 15.00-16.30	14.00-15.00
Sunday		20.00-21.00	13.00-16.30	

*45 minutes splash and play

LANE SWIMMING: for competent swimmers, various speeds of lane

RECREATIONAL: non-lane swimming for non-swimmers and families

SPLASH & PLAY: fun sessions for children and families. Booking in advance recommended

1 50m pool **2** 25m split **3** 23m split at 1.25m depth **1 2 3 4** lanes available

Unless otherwise indicated 3 or more lanes are available in the 50m pool

Timetable: 9 January - 12 February

! Important changes to admissions policy - see page 15

50m

	Members Only	Lane Swimming	Swimming 25/23m split	Aqua Jogging Fins and Paddles
Monday	16.30-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Tuesday		08.00-10.00 2 , 10.00-11.30	12.00-15.00 ■ ■ 21.00-22.00 ■ ■	10.00-11.30 ■ 12.00-14.00 ■
Wednesday	17.00-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Thursday		08.00-10.00 2 , 10.00-11.30	12.00-15.00 ■ ■ 19.30-22.00 B	10.00-11.30 ■ 12.00-14.00 ■
Friday	17.00-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-21.00		12.00-14.00 ■
Saturday		09.30-11.30 2 , 11.30-16.30		
Sunday		13.00-21.00 ■	09.00-12.30 ■ 10.00-11.00 ■ S&P ▶ 1m 11.30-12.30 ■ S&P 1m	09.00-11.00 ■ 13.00-15.00 ■

Please bring own equipment - limited aqua belts available.
NB Competency, child/adult ratio & age restrictions apply.

S&P ▶ 1m Splash & Play 0.3-1m shallow-deep
S&P 1m Splash & Play session 1m

check
online
first

Play it safe!

Call us or check website
for the latest information
on closures and events

see
page
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25m

	Members Only	Lane Swimming	Recreational	Splash & Play
Monday	06.00-08.00	08.00-09.30, 12.00-13.30	18.00-19.00, 21.00-22.00	
Tuesday	06.00-08.00	08.00-09.30, 17.30-20.00	15.30-17.30	
Wednesday	06.00-08.00	08.00-09.30, 12.00-13.30, 21.00-22.00	18.00-19.00	
Thursday	06.00-08.00	08.00-09.30, 17.30-20.00	15.30-17.30	
Friday	06.00-08.00	08.00-09.30, 12.00-13.00, 20.00-21.00		
Saturday		07.00-09.00	09.00-10.00, 15.00-16.30	
Sunday		20.00-21.00	13.00-16.30	

LANE SWIMMING: for competent swimmers, various speeds of lane

RECREATIONAL: non-lane swimming for non-swimmers and families

SPLASH & PLAY: fun sessions for children and families. Booking in advance recommended

■ 50m pool ■ 25m split ■ 23m split at 1.25m depth **1 2 3 4** lanes available

Unless otherwise indicated 3 or more lanes are available in the 50m pool

Timetable: 13 - 19 February

 Important changes to admissions policy - see page 15

50m

	Members Only	Lane Swimming	Swimming 25/23m split	Aqua Jogging Fins and Paddles
Monday	16.30-19.30 2	08.00-10.00 2 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Tuesday		08.00-10.00 2 10.00-11.30	12.00-15.00 ■ ■ 12.00-22.00 ■ 19.30-22.00 ■ ■	10.00-11.30 ■ 12.00-14.00 ■
Wednesday	17.00-19.30 2	08.00-10.00 2 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Thursday		08.00-10.00 2	12.00-15.00 ■ 15.00-22.00 ■ 19.30-22.00 3	12.00-14.00 ■
Friday	17.00-19.30 2	08.00-10.00 2 10.00-15.00, 19.30-21.00		12.00-14.00 ■
Saturday	CLOSED FOR EVENT			
Sunday	CLOSED FOR EVENT			

Please bring own equipment - limited aqua belts available.
NB Competency, child/adult ratio & age restrictions apply.

S&P ▶ 1m Splash & Play 0.3-1m shallow-deep
S&P 1m Splash & Play session 1m

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25m

	Members Only	Lane Swimming	Recreational	Splash & Play
Monday	06.00-08.00	08.00-09.30, 12.30-14.00	15.00-16.30, 18.00-19.00 21.00-22.00	14.00-15.00
Tuesday	06.00-08.00	08.00-09.30, 18.00-20.00	15.30-16.30	13.00-13.45* 13.45-14.30*
Wednesday	06.00-08.00	08.00-09.30, 12.30-13.30 21.00-22.00	15.30-16.30	13.30-14.30
Thursday	06.00-08.00	08.00-09.30, 18.00-22.00	15.00-16.30	11.00-12.00
Friday	06.00-08.00	08.00-09.30, 12.30-13.30 14.30-16.30, 20.00-21.00	18.00-19.00	13.30-14.30
Saturday	CLOSED FOR EVENT			
Sunday	CLOSED FOR EVENT			

* 45 minute session

LANE SWIMMING: for competent swimmers, various speeds of lane

RECREATIONAL: non-lane swimming for non-swimmers and families

SPLASH & PLAY: fun sessions for children and families. Booking in advance recommended

■ 50m pool ■ 25m split ■ 23m split at 1.25m depth **1 2 3 4** lanes available

Unless otherwise indicated 3 or more lanes are available in the 50m pool

Timetable: 20 February - 1 April

! Important changes to admissions policy - see page 15

50m

	Members Only	Lane Swimming	Swimming 25/23m split	Aqua Jogging Fins and Paddles
Monday	16.30-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Tuesday		08.00-10.00 2 , 10.00-11.30	12.00-15.00 ■ ■ 21.00-22.00 ■ ■	10.00-11.30 ■ 12.00-14.00 ■
Wednesday	17.00-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Thursday		08.00-10.00 2 , 10.00-11.30	12.00-15.00 ■ ■ 19.30-22.00 3	10.00-11.30 ■ 12.00-14.00 ■
Friday	17.00-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-21.00		12.00-14.00 ■
Saturday		09.30-11.30 2 , 11.30-16.30		
Sunday		13.00-21.00 ■	09.00-12.30 ■ 10.00-11.00 ■ S&P ▶ 1m 11.30-12.30 ■ S&P 1m	09.00-11.00 ■ 13.00-15.00 ■

Please bring own equipment - limited aqua belts available.
NB Competency, child/adult ratio & age restrictions apply.

S&P ▶ 1m Splash & Play 0.3-1m shallow-deep
S&P 1m Splash & Play session 1m

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see
page
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25m

	Members Only	Lane Swimming	Recreational	Splash & Play
Monday	06.00-08.00	08.00-09.30, 12.00-13.30	18.00-19.00, 21.00-22.00	
Tuesday	06.00-08.00	08.00-09.30, 17.30-20.00	15.30-17.30	
Wednesday	06.00-08.00	08.00-09.30, 12.00-13.30 21.00-22.00	18.00-19.00	
Thursday	06.00-08.00	08.00-09.30, 17.30-20.00	15.30-17.30	
Friday	06.00-08.00	08.00-09.30, 12.00-13.00 20.00-21.00		
Saturday		07.00-09.00	09.00-10.00, 15.00-16.30	14.00-15.00
Sunday		20.00-21.00	13.00-16.30	

There may be some changes to the timetable on the following dates due to the Swansea Schools Gala. Please check the website and/or notices in reception for any changes. 6th, 8th, 13th 27th and 29th March 2012.

LANE SWIMMING: for competent swimmers, various speeds of lane

RECREATIONAL: non-lane swimming for non-swimmers and families

SPLASH & PLAY: fun sessions for children and families. Booking in advance recommended

■ 50m pool ■ 25m split ■ 23m split at 1.25m depth **1 2 3 4** lanes available

Unless otherwise indicated 3 or more lanes are available in the 50m pool

Timetable: 2 - 8 April

! Important changes to admissions policy - see page 15

50m

	Members Only	Lane Swimming	Swimming 25/23m split	Aqua Jogging Fins and Paddles
Monday	16.30-19.30 2	08.00-10.00 2 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Tuesday		08.00-10.00 2 10.00-11.30	12.00-15.00 ■ ■ 15.00-16.30 ■ 18.00-19.30 ■ 19.30-22.00 ■ ■	10.00-11.30 ■ 12.00-14.00 ■
Wednesday	17.00-19.30 2	08.00-10.00 2 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Thursday		08.00-10.00 2 10.00-11.30	12.00-15.00 ■ ■ 15.00-16.30 ■ 18.00-21.00 ■ 19.30-22.00 3	10.00-11.30 ■ 12.00-14.00 ■
Friday	CLOSED FOR EVENT			
Saturday	CLOSED FOR EVENT			
Sunday	CLOSED FOR EVENT			

Please bring own equipment - limited aqua belts available.
NB Competency, child/adult ratio & age restrictions apply.

S&P ▶ 1m Splash & Play 0.3-1m shallow-deep
S&P 1m Splash & Play session 1m

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25m

	Members Only	Lane Swimming	Recreational	Splash & Play
Monday	06.00-08.00	08.00-09.30, 12.30-14.00	15.00-16.30, 18.00-19.00 21.00-22.00	14.00-15.00
Tuesday	06.00-08.00	08.00-09.30, 18.00-20.00 21.00-22.00	15.30-16.30	13.00-13.45* 13.45-14.30*
Wednesday	06.00-08.00	08.00-09.30, 12.30-14.30 21.00-22.00	15.30-16.30, 18.00-19.00	
Thursday	06.00-08.00	08.00-09.30, 18.00-22.00	15.00-16.30	13.00-14.00 14.00-15.00
Friday	CLOSED FOR EVENT			
Saturday	CLOSED FOR EVENT			
Sunday	CLOSED FOR EVENT			

* 45 minute session

LANE SWIMMING: for competent swimmers, various speeds of lane

RECREATIONAL: non-lane swimming for non-swimmers and families

SPLASH & PLAY: fun sessions for children and families. Booking in advance recommended

■ 50m pool ■ 25m split ■ 23m split at 1.25m depth **1 2 3 4** lanes available

Unless otherwise indicated 3 or more lanes are available in the 50m pool

Timetable: 9 - 15 April



Important changes to admissions policy - see page 15

50m

	Members Only	Lane Swimming	Swimming 25/23m split	Aqua Jogging Fins and Paddles
Monday	CLOSED FOR EVENT			
Tuesday		08.00-10.00 2 , 10.00-11.30	12.00-15.00 ■ ■ 15.00-16.30 ■ 18.00-19.30 ■ 19.30-22.00 ■ ■	10.00-11.30 ■ 12.00-14.00 ■
Wednesday	17.00-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-22.00		12.00-14.00 ■
Thursday		08.00-10.00 2 , 10.00-11.30	12.00-15.00 ■ ■ 15.00-16.30 ■ 18.00-21.00 ■ 19.30-22.00 3	12.00-14.00 ■
Friday	17.00-19.30 2	08.00-10.00 2 , 10.00-15.00, 19.30-21.00		12.00-14.00 ■
Saturday		09.30-11.30 2 , 11.30-16.30		
Sunday		13.00-21.00 ■	09.00-12.30 ■ 10.00-11.00 ■ S&P ▶ 1m 11.30-12.30 ■ S&P 1m	09.00-11.00 ■ 13.00-14.00 ■

Please bring own equipment - limited aqua belts available.
NB Competency, child/adult ratio & age restrictions apply.

S&P ▶ 1m Splash & Play 0.3-1m shallow-deep
S&P 1m Splash & Play session 1m

don't miss out

Date for your diary!
Swimathon weekend

Friday 27th - Sunday 29th April. Why not participate in this fantastic event and raise money for Marie Curie or Sport Relief!

25m

	Members Only	Lane Swimming	Recreational	Splash & Play
Monday	CLOSED FOR EVENT			
Tuesday	06.00-08.00	08.00-09.30, 18.00-20.00 21.00-22.00	15.30-16.30	13.00-13.45* 13.45-14.30*
Wednesday	06.00-08.00	08.00-09.30, 12.30-14.30** 21.00-22.00	15.30-16.30, 18.00-19.00	
Thursday	06.00-08.00	08.00-09.30, 18.00-22.00	15.00-16.30	13.00-14.00 14.00-15.00
Friday	06.00-08.00	08.00-09.30, 12.30-13.30** 20.00-21.00	14.30-16.30, 18.00-19.00	13.30-14.30
Saturday		07.00-09.00	09.00-10.00, 15.00-16.30**	14.00-15.00**
Sunday		20.00-21.00	13.00-16.30**	

* 45 minute session ** 3 lanes available

LANE SWIMMING: for competent swimmers, various speeds of lane

RECREATIONAL: non-lane swimming for non-swimmers and families

SPLASH & PLAY: fun sessions for children and families. Booking in advance recommended

■ 50m pool ■ 25m split ■ 23m split at 1.25m depth **1 2 3 4** lanes available

Unless otherwise indicated 3 or more lanes are available in the 50m pool

Go for Gold in 2012 at your National Pool!



It's not just our Olympic and Paralympic hopefuls with golden aspirations in 2012! Why not create your own Olympic legacy and make a commitment to your health and fitness in 2012! Making swimming part of your healthy lifestyle offers a range of benefits.

So whatever your goal, whether it is:

- Participating in our "Big Splash Swim, in cooperation with the Gower Challenge"

- Training for an event? Why not sign up for Swimathon and raise money for Marie Curie or Sport Relief
- Improving your health and fitness; swimming is a great cardiovascular exercise
- Losing weight and toning up; swimming is a great total body workout and you could burn over 200 calories in 30 minutes of medium-paced swimming

Or even, all of the above!

Why not come and take advantage of our gift to you and let us help you achieve your golden dream!



Fitness Session Timetable



fab
fitness
fun

Fitness for everyone!

Check out our website for details on all fitness sessions and aqua school courses
www.walesnationalpoolswansea.co.uk

There's more to Your National Pool than swimming...

Adult Fitness

An hour and a half fitness class in the 50m pool which works to improve stroke technique and fitness.

Adult & Baby / Child

A supervised but unstructured session that provides a relaxed environment for building water confidence. A great opportunity for parent and infant to bond in the water under the friendly and unobtrusive care of a qualified teacher who will be happy to give you hints and tips should you want them.

Aquacise

This exciting form of exercise combines the format of land aerobics with the low-impact advantage of water exercise. Benefits include: stress reduction, minimum muscle strain, cardiovascular improvement and a reduction in injuries.

Aquanatal

For expectant mothers (or new mothers) who are at least 20 weeks pregnant. Our Aquanatal classes are run by qualified midwives, in partnership with the local health trust - a really wonderful form of safe exercise during and after pregnancy.

Surf Fitness

Fun fitness session to challenge your water skills and stamina. Tweak your technique, learn safety tips and have a laugh!

Swim 4 Tri

Instructor led session designed specifically for those who want to train for Triathlons.

Tri Stars

A triathlon session designed for children aged 6-13 yrs for all standards of ability. Our qualified and experienced coaches will encourage, motivate and ensure training is at the right level. Our goal - for each athlete to have fun, learn, meet new friends, keep fit & healthy and have a greater attitude towards sport.

Prices

Adult fitness	90 mins (50m pool)	
Standard	£4.50	
Concession	£3.50	
PTL	£2.50	
Adult & Baby / Child	30 mins	
Standard	£4.50	
Concession	£3.50	
PTL	£2.50	
Aquacise	45 mins	1 hour
Standard	£3.50	£4.50
Concession	£2.50	£3.50
PTL	£1.50	£2.50
Aquanatal / Aquacise	1 hour	
Standard	£4.50	
Concession	£3.50	
PTL	£2.50	
Surf Fitness	1 hour	
Standard	£4.50	
Concession	£3.50	
PTL	£2.50	
Swim 4 Tri	60 mins	90 mins
Standard	£4.50	£5.50
Concession	£3.50	£4.50
PTL	£2.50	£3.50
Tri Stars	2 hours	
Standard	£7.50	
PTL	£6.50	


fit!

	Class	Time
Monday	Aquacise	20.00-21.00
Tuesday	Aquacise	12.00-13.00
	Aquanatal	14.30-15.30
Wednesday	Aquacise	14.30-15.30
	Adult Fitness	19.30-21.00
	Swim 4 Tri	20.00-21.00
Thursday	Aquacise	12.15-13.00
	Surf Fitness	20.00-21.00
	Swim 4 Tri	20.00-21.30
Saturday	Adult & Baby / Child	10.00-10.30
	Adult Fitness	11.30-13.00
Sunday	Tri Stars	09.00-11.00

check online first

Play it safe!

Call us or check website for the latest information on class availability



**NO SWELL
NO EXCUSES**

Challenge your water skills and stamina. Tweak your technique, learn safety tips, have a laugh!

Surf Fitness

FIT, FUN & FABULOUS!

Exercise classes will never be the same again!

get involved now

Aquacise class with the 'F' Factor!

Our Customers say...

- Great exercising to music with friends
- A fun way of keeping fit without fear of injury
- The water is wonderfully supportive
- Amazing sense of wellbeing that stays long after a session's finished
- A great workout that you can tailor to your preferred level.

Male or female, young or old, our classes suit all abilities. With the help of the instructors, you can make the class as easy or as difficult as you wish.

General Information

Lane Management

- 1 When 3 lanes are available, the lanes are slow, medium and fast.
- 2 When less than 3 lanes are available the lane speeds vary and are subject to staff discretion.
- 3 The 50m Pool has a 20 person maximum bather load per lane.
- 4 The 25m training pool has a 10 person maximum bather load per lane.

Facility closures due to events

Fri 20 - Sun 22 January	Swim Wales New Year Meet
Sat 18 & Sun 19 February	Surf Lifesaving Association of Wales Youth, Master & Senior Championships
Sat 17 & Sun 18 March	Swim Wales Open Masters Event
Sun 25 March	Surf Lifesaving Association of Wales Nipper Championships
Fri 6 - Mon 9 April	Swim Wales Youth & Senior Age Groups

Please note that there may be limited public swimming times around the event schedules. Please check out the web site www.walesnationalpoolswansea.co.uk, see the notice boards in the facility or ask one of our Reception Team for the most up to date information regarding closures and events.

Spectators are always welcome to watch some of the best Welsh and British athletes in their age categories compete. If you would like any further information please contact us and we can put you in touch with the event organiser.

Admissions Policy

- Diving is not allowed in the Training Pool or off the blocks in the 50m Pool during public swimming times.
- All users must shower fully before entering the water.
- All jewellery / watches must be removed before entering pool side.
- WNPS does not permit smoking anywhere on-site including the car park.
- WNPS management reserve the right to refuse admission.
- WNPS staff may refuse a person permission to enter the swimming pool, or may ask a person to leave if it is felt they present a safety hazard to themselves or other users.
- No alcohol or drugs are permitted on the pool premises and any user under the influence of alcohol or drugs will be refused admission.
- Non-swimmers are not permitted to use the 50m Pool or 25m split due to the depth of water.
- Appropriate swim wear must be worn in the pools.
- Swimming in an aggressive manner, or lane blocking is not acceptable.
- All users are requested to remove excess make-up before entering the pool.
- Users who suffer from a known serious medical condition, or who are injured, are advised to inform WNPS staff before entering the water.
- All personal belongings must be left in the refundable lockers provided and are left at owners risk. WNPS will not be liable for any losses.
- Eating and drinking is only permitted in designated café and vending areas and only for items bought in the café.
- Vehicles must be parked in designated parking spaces. NB The car park is pay & display.
- In accordance with "WNPS Child Protection Policy" and recommended industry standards, any use of mobile phones is prohibited anywhere within the building. Anyone using a mobile phone in WNPS will be asked to stop.
- The use of photographic equipment is not permitted anywhere within WNPS. Permission must be obtained by the General Manager prior to any photography / filming within the facility.
- Should you hear an alarm please follow instructions from WNPS staff.
- WNPS management reserve the right to change the programme at short notice.
- Parking is not allowed in loading bay.
- Children under the age 8 must be supervised by a responsible adult at all times.
- The last admission ticket for swimming will be sold 20 minutes prior to the session closure. No tickets will be issued after this time.

Play it safe!
Call us or check website for the latest information on closures and events

check online first

The decision of any member of the WNPS Management Team will be final in any matter of dispute.

How to find us

www.walesnationalpoolswansea.co.uk



Wales National Pool Swansea

Singleton Hospital

Swansea University

Swansea Bay

SA1

By bus...

These buses run to and from WNPS:

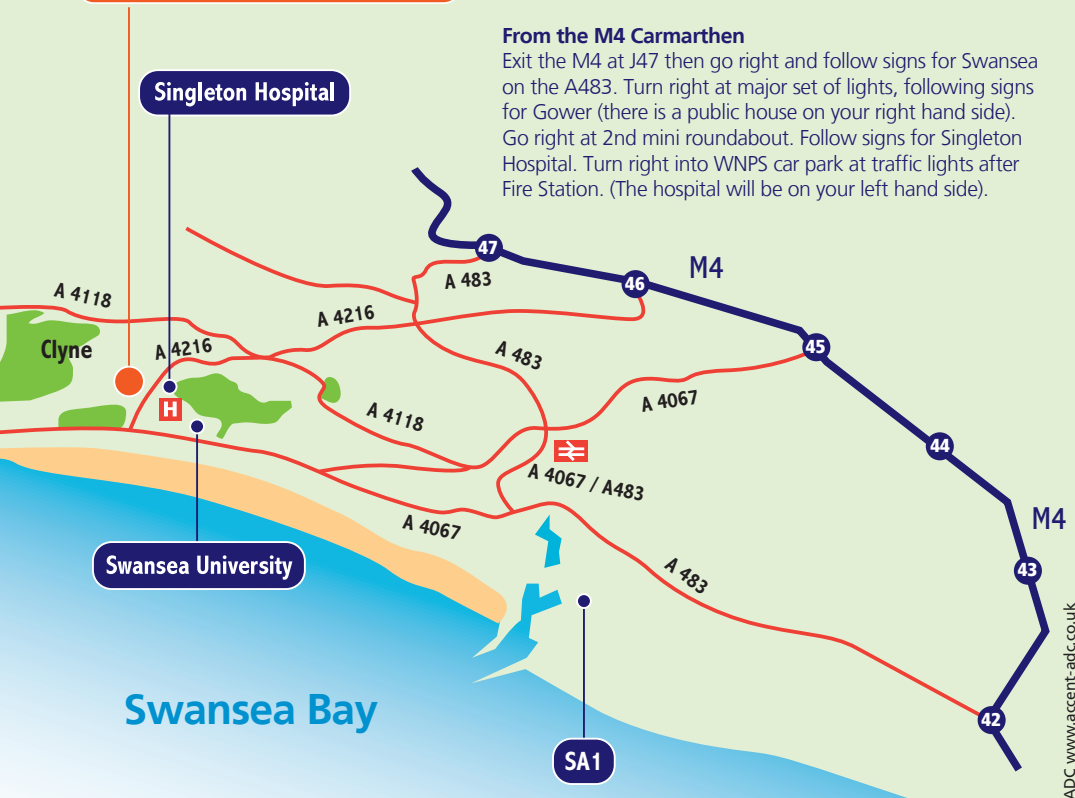
2	2a	2b	3a	37
41	42	43	82a/82	

From the M4 Cardiff

Exit the M4 at J42 and follow the A483 to Swansea. Follow signs for Singleton Hospital on the A4067. Turn right onto Sketty Lane A4216 at the traffic lights. Turn left at the 1st set of lights into the Wales National Pool Swansea Car Park.

From the M4 Carmarthen

Exit the M4 at J47 then go right and follow signs for Swansea on the A483. Turn right at major set of lights, following signs for Gower (there is a public house on your right hand side). Go right at 2nd mini roundabout. Follow signs for Singleton Hospital. Turn right into WNPS car park at traffic lights after Fire Station. (The hospital will be on your left hand side).



01792 513513

Wales National Pool Swansea, Sketty Lane, Swansea SA2 8QG
enquiries@walesnationalpoolswansea.co.uk