

## How to find us



District of **easington.**



Neighbourhood  
Renewal Unit

County Durham **NHS**  
Primary Care Trust



Leisure  
Connection  
Ltd

Peterlee  
  
LEISURE CENTRE

Buses that stop  
outside the  
Leisure Centre  
are the 240  
and the 242



For further information on any of the  
activities in this booklet please contact:

Peterlee Leisure Centre  
St. Cuthberts Way  
Peterlee  
County  
Durham  
SR8 1AF

**Tel: (0191) 586 2400**

[www.peterlee@leisureconnection.co.uk](http://www.peterlee@leisureconnection.co.uk)  
[www.everydayswim.org/easington](http://www.everydayswim.org/easington)

January to March 2008

# Take the **plunge**

what's on at Peterlee

- swim
- junior Aquafit
- swim for fitness
- swimming club
- sub aqua
- parent & toddler
- water polo
- snorkelling

free  
vouchers  
inside



EVERYDAY  
SWIM



## Junior Aquafit

Every Tuesday 4.30-5.30pm  
(Normal price £2)

**£1  
off**

Valid until 5 February 2008

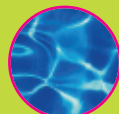


## Junior Aquafit

Every Tuesday 4.30-5.30pm  
(Normal price £2)

**£1  
off**

Valid until 12 February 2008



## Free Swim for Fitness Session

A Gym Style workout in the pool  
Weekdays 12 noon till 2pm

Valid until 8 February 2008



## Free Swim for Fitness Session

A Gym Style workout in the pool  
Weekdays 12 noon till 2pm

Valid until 15 February 2008



## Water polo For boys and girls



Every Saturday 5-6pm  
(Normal price £2)

**£1  
off**

Valid until 16 February 2008

## Water polo For boys and girls



Every Saturday 5-6pm  
(Normal price £2)

**£1  
off**

Valid until 23 February 2008

## Snorkelling



Every Saturday 6-7pm  
(Normal price £2)

**£1  
off**

Valid until 23 February 2008

## Snorkelling



Every Saturday 6-7pm  
(Normal price £2)

**£1  
off**

Valid until 2 March 2008



## Why be active?

Being active can help you live longer and feel better. It can improve your mood, help you sleep better and even reduce your risk of conditions like diabetes, coronary heart disease and some cancers. It can help you manage your weight and improve your balance.

Adults should aim for 30 minutes of 'moderate' activity a day for their general health. Children need an hour a day. But any improvement on what you currently do is worth it – even small changes can make a big difference to your health and can make you feel great!

## Personal trainer

### swim for fitness sessions

Taking the gym workout into the pool, starting Monday 14th January the Swimming Personal Trainer will be on poolside **weekdays 12 noon till 2pm** to provide advice and tips on how to get the most from your swimming session. The personal trainer will provide advice on how to use the Swim Fit equipment and how to use the pool for a physical workout.



## Can't swim?

It's never too late to learn.

Most pools offer adult classes in a friendly and supportive environment. It could save a life.

## Think swimming is boring?

The pool makes a great playground and a great gym. There is so much more on offer now in our pools from aqua-aerobics to diving, water polo to inflatable fun sessions.

## Want to know what's on?

Go to [www.activeplaces.com](http://www.activeplaces.com) put in your postcode and find out what's available in a pool near you. Don't like the web? Contact your council for information on local pools Tel: (0191) 527 0501.

## Just starting with activity?

Start slowly and build up – if you have any concerns or any existing medical problem ask your GP before you start.





## Monday ①

General Swim	8.15am-10am
Aquafit Class	10-11am
General Swim	11am-noon
Swim for Fitness	noon-2pm
General Swim	noon-2pm
General Swim	2-4pm
General Swim	4-6pm
Swim School	4-6pm
Swimming Club	6-8pm
General Swim	8-9pm
Swim for Fitness	9-10pm
Adult Swims	9-10pm

## Peterlee Main pool timetable

### ② Tuesday

General Swim	8.15-noon
Swim for Fitness	noon-2pm
General Swim	noon-2pm
General Swim	2-4.30pm
Swim School	4.30-5.30pm
Junior Aquafit	4.30-5.30pm
Swimming Club	5.30-7.30pm
Aquafit Class	7.30-8.30pm
Swim for Fitness	8.30-10pm
Adult Swims	8.30-10pm

### ③ Wednesday

General Swim	8.15-10am
GP Aquafit Class	10-11am
General Swim	10-11am
General Swim	11am-noon
Swim for Fitness	noon-1pm
General Swim	noon-1pm
Swim School	1-2pm
General Swim	1-2pm
General Swim	2-9pm
Sub Aqua Club	9-10pm

### ④ Thursday

General Swim	8.15-10am
Aqua Natal Class	10-11am
General Swim	10-11am
General Swim	11am-noon
Swim for Fitness	noon-2pm
General Swim	noon-2pm
General Swim	2-4.30pm
Swimming Club	4.30-7.30pm
Swim School	4.30-7.30pm
Aquafit Class	7.30-8.30pm
Swim for Fitness	8.30-10pm
Adult Swims	8.30-10pm

### ⑤ Friday

General Swim	8.15-9.30am
Aquafit Class	9.30-10.30am
Aquafit Class	10.30-11.30am
General Swim	9.30-11.30am
Swim for Fitness	11.30am-2pm
General Swim	11.30am-2pm
General Swim	2-4pm
Swim School	4-6pm
General Swim	4-6pm
Swimming Club	6-8pm
General Swims	8-9pm
Swim for Fitness	9-10pm
Adult Swims	9-10pm

### ⑥ Saturday

General Swim	9am-4pm
Private Session	4-5pm
Swim School	5-7pm
Junior Water Polo	5-6pm
Junior Snorkelling	6-7pm

### ⑦ Sunday

General Swim	9am-noon
Swim School	9am-noon
General Swim	noon-9pm

## Parent and toddler sessions with Swim-a-Song

Call (0191) 586 2400 for details.

An alternative, fun, innovative and effective programme for introducing adults with babies or very young children to the exciting world of Aquatics.

## Swim-a-Song

incorporates water safety, free movement, structured play, exercise to music, and guidance in physical and educational development.



## Free swims

### Free weekend swims

\* For families and under 16's.  
26 and 27 Jan  
2, 3, 9, 10, 16, 17, 23 and 24 February  
8 and 9 March  
10am – 4pm

### February half term

Free swim sessions for under 16 years old.

1.45 – 2.45pm and 3 – 4pm

\* One parent/guardian over the age of 18 years may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.



To take up this offer you must have a Leisure Saver Card available free between January to March 2008. Terms and conditions apply, check with reception for eligibility.



This information has been produced as part of a project called Everyday Swim, Everyday Swim is run by the Amateur Swimming Association and Sport England with local partners. For more information on Everyday Swim please visit:

[www.everydayswim.org](http://www.everydayswim.org)



Do you consider yourself to have an impairment/disability? (✓)

yes  no

visual  hearing  learning  physical  health  other

### Eligibility

Proof of eligibility must be shown when applying for your Leisure Saver Card.

### Data protection

We may from time to time, use your personal information to update you about any new services that we can offer. If you do wish to receive this information please tick here

This information will be used to support monitoring and evaluation of the Everyday Swim project.

### Conditions of use

The Leisure Saver Card must be shown every time you visit the centre.  
Discounted prices will not be available without this card.  
Replacement cards will be priced at £1 each.

Start date  Expiry date

Card number

In signing below I accept and agree to the conditions of use

Applicants signature  Date

### Office use only

Proof of eligibility shown yes  no  type

Staff signature  Date

# Peterlee small pool timetable

## Monday ①

Family Swimming 9-10am  
Schools 10-11am  
Family Swimming 11am-1pm  
Schools 1-3.30pm  
Swim School 3.30-7pm  
Family Swimming 7-8pm

## ② Tuesday

Family Swimming 9-10.30am  
Swim School 10.30am-noon  
Family Swimming noon-1pm  
Schools 1-2.30pm  
Family Swimming 2.30-4pm  
Swim School 4-5.30pm  
Swimming Club 5.30-7pm  
Family Swimming 7-8pm

## Wednesday ③

Family Swimming 9-10.30am  
Shinwell Centre 10.30-11.30am  
Family Swimming 11.30am-4pm  
Swim School 4-7pm  
Family Swimming 7-8pm

## ④ Thursday

Family Swimming 9am-1.30pm  
Swim School 1.30-3pm  
Family Swimming 3-4pm  
Swim School 4-5.30pm  
Mencap 5.30-6.30pm  
Family Swimming 6.30-8pm

## Friday ⑤

Family Swimming 9-10am  
Shinwell 10-11am  
Swim School 11am-4.30pm  
Swim School 4.30-6pm  
Family Swimming 6-8pm

## ⑥ Saturday

Swim School 9am-noon  
Family Swimming noon-7pm

## ⑦ Sunday

Family Swimming 9am-7pm

## Admissions Policy

One adult (person over the age of 18 years) may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.

# Everyday Swim February half term activities

## Learn to swim course

Monday to Friday  
9 – 9.45am, Cost £5

Monday to Friday  
10 – 10.45am, Cost £5

## Free fun activities

Monday to Friday 11.30am – 12.30pm

Minipolo, snorkelling, rookie lifeguard,  
flip n fun and synchronised swimming.

Each day enjoy 3 twenty minute taster  
sessions. Age 8 – 16 years.

Please contact reception on

**(0191) 586 2400**

to register for the above activities.



Don't miss out on great savings on a wide range of leisure and sporting activities within District of Easington. **Apply for your free Leisure Saver Card today** by completing the application form opposite and handing it in at reception.

Terms and conditions apply. Please ask at reception for details or call (0191) 586 2400.



Must be completed by parent or guardian if under 16yrs

Surname \_\_\_\_\_  
 First Names \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Postcode \_\_\_\_\_  
 Date of Birth \_\_\_\_\_  
 Home telephone \_\_\_\_\_  
 Mobile no. \_\_\_\_\_  
 e-mail \_\_\_\_\_  
 Name of your school \_\_\_\_\_

**About you** (✓)

Male  Female

**Ethnicity**

What would you say is your ethnic origin? (✓)

**White**

British  Irish  Other .....

**Mixed**

White & Black Caribbean  White & Black African

White and Asian  Other .....

**Asian or Asian British**

Indian  Pakistani  Bangladeshi  Other Asian .....

**Black or Black British**

Caribbean  African  Other Black

**Chinese or other ethnic group**

Chinese  Other .....



# Application Form