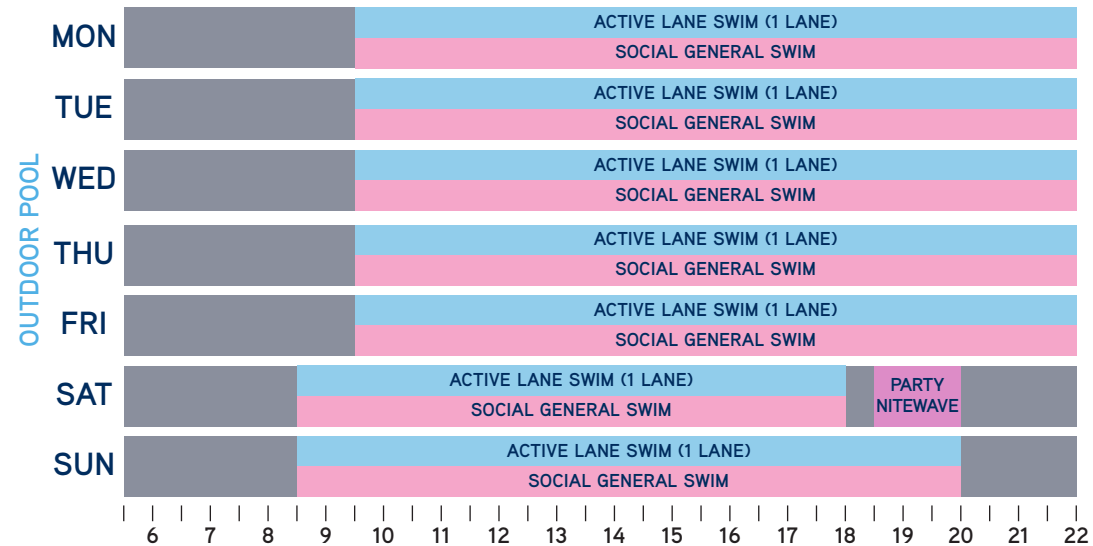
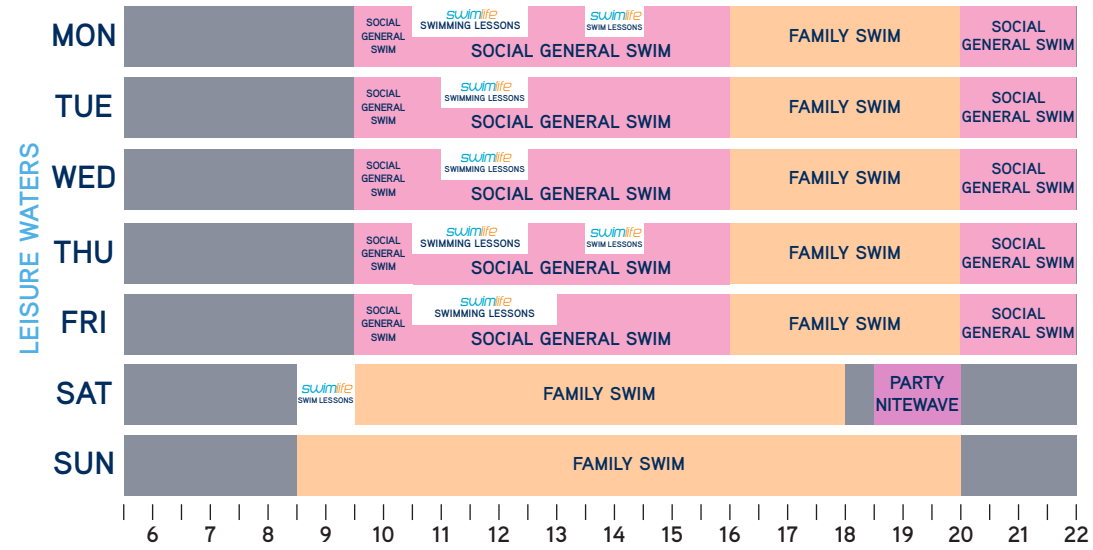


Aqua Vale Swimming and Fitness Centre

Aqua Vale Swimming and Fitness Centre

Leisure Water and Outdoor Pool



Membership feels great...

- Fitness Studio
- Free Gym Induction
- Swimming Pool
- Aqua Tone Classes

Contact reception for more details on the membership.

Aqua Vale Swimming and Fitness Centre
Park Street, Aylesbury, Bucks HP20 1DX

Telephone: 01296 488 555

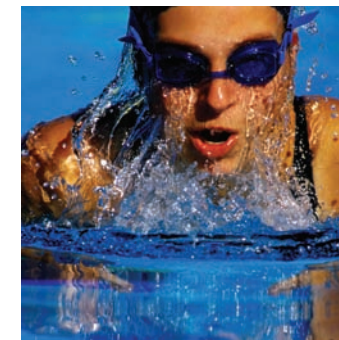
Web: www.aquavale.com

Please note this leaflet is available in Large Print, on Tape, in Braille and various community languages upon request.



Opening Times

Monday-Friday
06.30am - 22.00pm
Saturday
08.00am - 20.00pm
Sunday
08.00am - 20.00pm



Pool Timetable 2010



the ultimate swimming experience



Session Descriptions



H₂O-ACTIVE

Active sessions are for those looking to use swimming for exercise purposes, or to improve fitness levels. Active sessions permit the use of training aids and equipment for the more serious swimmer.

- Lane Swimming/Adult Only Lane Swimming
- Early Morning Swim
- Lunchtime Swim/Adult Only Lunchtime Swim
- Aqua Tone
- Over 50s Aqua Tone



H₂O-SOCIAL

Social sessions are for those looking to get enjoyment out of swimming. These sessions enable you to swim with others of similar ability and are a great way to meet like-minded swimmers.

- General Swim
- Over 50's Swim



H₂O-WELLBEING

Wellbeing sessions are for those looking to use swimming to improve overall health, fitness and wellbeing. A great way to exercise, tone and relieve stress.

- Aqua Natal
- Women Only Swim
- Men Only Swim
- Adult Swim



H₂O-FAMILY

Family sessions have been specifically designed for those with children. The Family sessions offer a calm and enjoyable atmosphere for young and old alike - the perfect family day out.

- Family Swim
- Parent and Toddler Swim



H₂O-PARTY

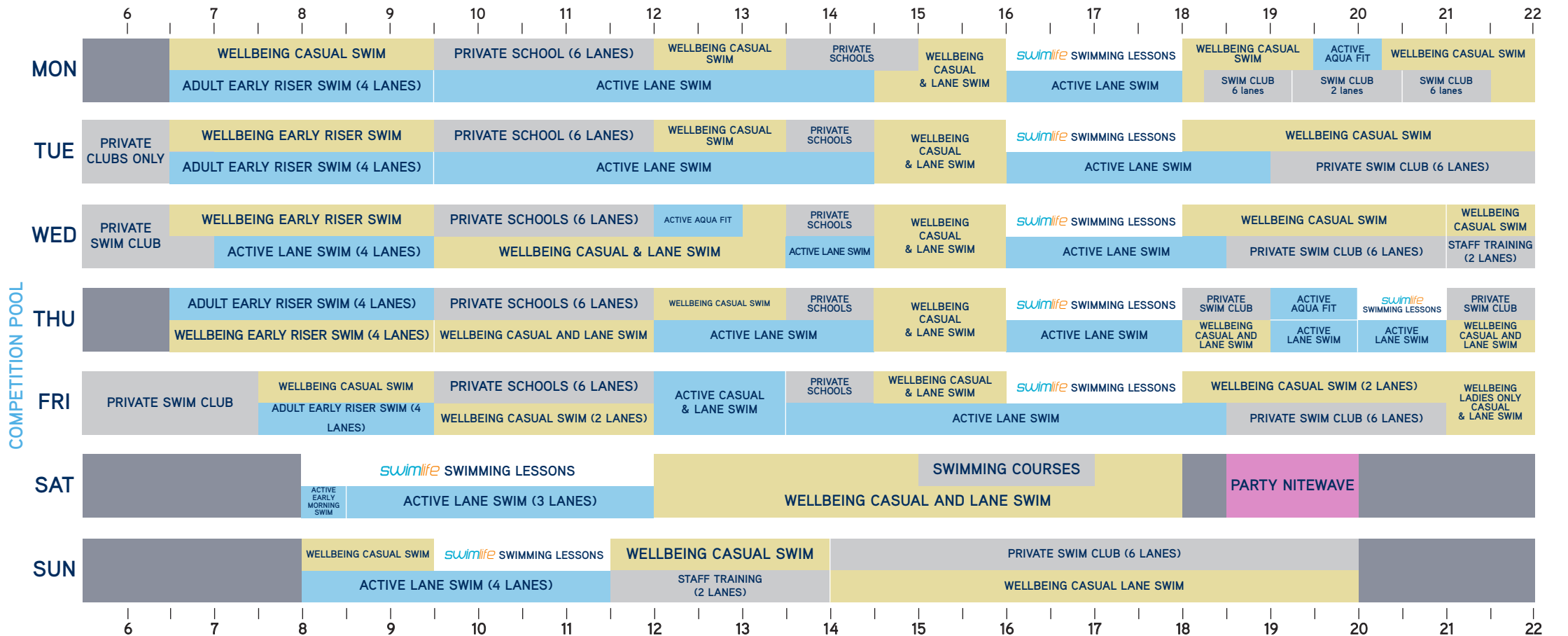
Party sessions are perfect for children and teenagers. These fun sessions offer a lively, energetic and exciting atmosphere - the perfect pool party!

- Fun Session



Swim Life is the swimming lesson programme. Pupils progress through structured levels with a qualified swimming instructor, learning valuable skills and stroke techniques.

Competition Pool Timetable



COMPETITION POOL

Pool Features

- Lazy River
- Water Jets
- Children's Play
- Bubble Beds
- Spa
- Flume

Flume opening times

Monday – Friday	16.00 – 19.00
Saturday	10.00 – 18.00
Sunday	11.00 – 19.00

*NB Heated Outdoor Pool Open Nov - Feb 16.00-20.00 Monday- Friday , Saturday 08.30 -18.00 Sunday 08.30-20.00 ** Available for private booking.

Under 8s Policy: Children aged 4-7 years must be accompanied by a responsible adult (i.e. over the age of 16 years) in the ratio 3:1. If one or more child is aged under 4, then they must be accompanied in the ratio 2:1.

Please note timetable was correct at time of print. Times and sessions are subject to change. Please contact the Centre for the latest information.