

Aqua Vale Swimming & Fitness Centre

Aqua Vale Swimming & Fitness Centre

Welcome

We offer a wide range of facilities and activities.
There really is something for everyone, you can choose from:

- Swimming Pool
- Swimming Lessons
- Fitness Suite
- Personal Fitness Programme
- Workout Classes
- Café
- Activity Room
- Conference and Meeting Rooms
- Children's Parties

Special Rates and Discounts Aqua

25 Adult Swim Card	£107.00
25 Swim Card Concession	£55.65
25 Swim Card Adult Lanes	£66.40

**Concessions must bring ID every visit

Membership feels great...

isospa Fitness Health Membership includes unlimited use of:

- Fitness Suite
- Swimming Pool
- Workout Classes
- Sauna

H2O Membership includes unlimited use of:

- Swimming Pool (excluding Aqua Fit)
- Sauna

Discounted memberships are available for the following:

- Students
- Juniors
- Groups/Organisations
- Those over the age of 60
- Those wishing to visit at Off-Peak times
6.30am - 5.00pm Mon - Fri

Contact Reception, or your Customer Advisor for details of prices and which membership is the most suitable for you. Opening hours subject to change on Bank Holidays information available on request.

Outdoor Pool winter opening hours 1st November -1st March
Monday - Friday 4.00pm -8.00pm

Aqua Vale Swimming & Fitness Centre
Park Street, Aylesbury, Buckinghamshire HP20 1DX

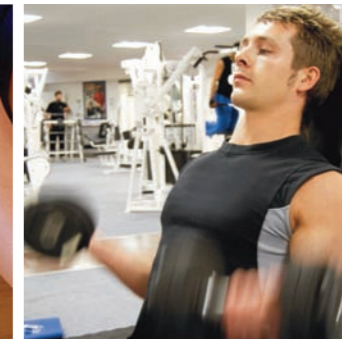
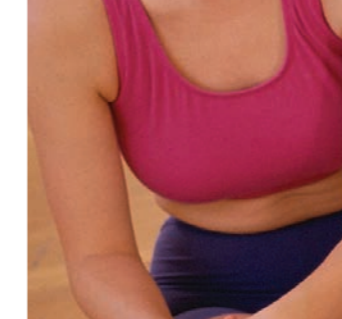
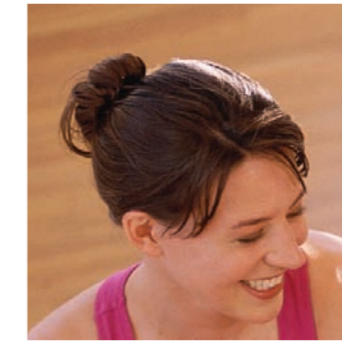
Telephone: 01296 488 555

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
 6.30am - 10.00pm
Leisure Waters
 9.30am - 10.00pm
Saturday
 8.00am - 8.00pm
Sunday
 8.00am - 8.00pm



all part of
feeling
great



in partnership with



Activity	Day	Time	Price
Isospa Fitness and Workout Gym Induction Adult Concession Gym Induction Casual Gym Concession Gym	Monday-Sunday	09.00-22.00	£17.30 £10.70 £5.80 £3.15
Junior Gym Gym Induction Casual Gym			£10.50 £3.10
Swimming Adult Swim Junior Swim Family Swim Early Riser/Lunchtime Swim Concession Lane Swim Aqua Fit Parent & Child Nite Wave Under 5's swim free	See Pool Timetable See Pool Timetable See Pool Timetable Monday – Friday Monday – Friday Monday – Friday Monday – Friday See Pool Timetable	06.30-08.45 06.30-08.45 09.30-16.30	£4.75 £2.60 £12.20 £2.95 £1.70 £4.50 £2.35 £4.00
Swimming Lessons Junior Lesson Adult & Child Lesson Adult Lesson Private 1 to 1 Lessons Crash Courses			£4.40 £4.40 £5.30 £15.00 £10.00 for 4 days
Courses NPLQ ASA swimming teachers courses please contact reception for more information			£250
Room Hire Meeting Room Dance Studio			£18.50 £21.50
Pool Hire Main Pool Hire Leisure Pool Hire Outdoor Pool Lane Hire			£76.50 £76.50 £66.30 £11.75

Please see a customer advisor for details on our membership options

Activity	Day	Time	Price
Children's Parties H2O Pool Party			£8.50 per child
Active Lifestyle A specific programme of activities for those over the age of 50 only, including: Swim, Gym, Health Suite, Workout Class			£4.50
Studio Classes Aqua Fit Aerobics Spinning Body Pump Body Step Body Balance Circuits			£4.50 £5.20 £5.20 £5.20 £5.20 £5.20 £5.20

Additional Information

Hints and Tips

- Use the changing facilities and lockers provided for all personal belongings
- A £1 coin (refundable) is required for the lockers
- Don't forget your workout towel
- Appropriate clothing and footwear for the activity must be worn (advice available on request)
- Consult a doctor before participating in any activity
- Make your instructor aware of pregnancy or any medical conditions
- If you feel dizzy, or unwell, then stop the activity and seek advice from your instructor
- It is a good idea to try and book your classes in advance to guarantee your place.

Bookings

- Booking can be made 7 days in advance from 09.00
- Bookings can be made in person, by phone/email or online via www.aquavale.com
- Members will need their membership number to make a booking
- Casual users will need to be issued with a booking number in order to make bookings. Casual users must attend their chosen Centre in person to complete a short application form and will then be issued with a booking number.

Cancellation Policy

- All bookings must be paid for in full at time of booking, unless activity included in membership.
- 24 hours notice must be given to cancel a booking.
- All customers giving less than 24 hours notice, or failing to attend a pre-booked activity will be charged the full fee for the activity in question.
- Customers with payments outstanding will NOT be permitted to book/attend activities until the outstanding payment has been cleared.
- Cancellations can be made by phone or in person.