



APPENDIX 1

EXISTING QUARRY SWIMMING AND FITNESS CENTRE PROGRAMME

Membership feels great...

- No Joining Fee
- No Contract*
- 10 Day Money Back Guarantee
- Ability to Freeze

*depending on Membership type



Centre Opening Times
Monday – Friday
 06.00 – 21.00
Saturday
 08.00 – 16.30
Sunday
 08.00 – 17.30



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
- Aqua Fit
- Member Only Swim



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.

- Casual Swim
- 50+ Swim



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.

- Women Only
- Adults Only



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.

- Aqua Tots



PARTY

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

- Diving Boards & Flume
- Splashdown
- Inflatable & Flume



Swimming Lessons

Our swimming lessons follow the ASA Shropshire Swim Academy programme catering for all ages and abilities. It offers the highest quality of swimming teaching through an internationally acclaimed "Learn to Swim Programme".

The Benefits of Swimming

Psychological

Swimming is a great way of alleviating stress. Mastering a new skill can result in a great sense of achievement and satisfaction. Try a Wellbeing session.

Physical

Swimming can improve strength, stamina and suppleness. Regular exercise can help to improve fitness and enable the body to work more efficiently. Try an Active session.

Rehabilitating

Swimming allows muscles to be exercised against the resistance of the water, helping to maintain fitness and mobility. Try a Wellbeing session.

Social

Swimming is a good way to meet new friends and is an activity the whole family can participate in. Try a Social or Family session.

Safety

Being able to swim and perform simple personal survival skills are valuable life skills. Try Swim School or a Social session.

Access to other water based activities

The ability to swim facilitates access to other water-based activities such as sailing, water skiing, canoeing, and surfing with a degree of safety and confidence.

Pool Safety Information

- Shower before entering the pool
- Swim within your ability – use equipment and buoyancy aids if required
- Do not swim if feeling unwell
- Inform a lifeguard if you have any medical conditions
- Look out for yourself and others while in the pool
- Be aware of danger – sudden pool depths, slippery surfaces
- Listen out for the emergency alarms or lifeguard instruction
- Keep your items safe – lockers are available



Clothing and Equipment

SHOP ONLINE AT: www.Shropshireleisurecentres.com/the_quarry to receive **10% off** all clothing, equipment and accessories with discount code **ACTIVE 3432**. Free delivery anywhere in the UK.



the ultimate swimming experience

SCAN NOW TO BOOK YOUR SESSIONS ONLINE



Quarry Swimming & Fitness Centre
 Priory Road, Shrewsbury, Shropshire SY1 1RU

Tel: 01743 257 870/871

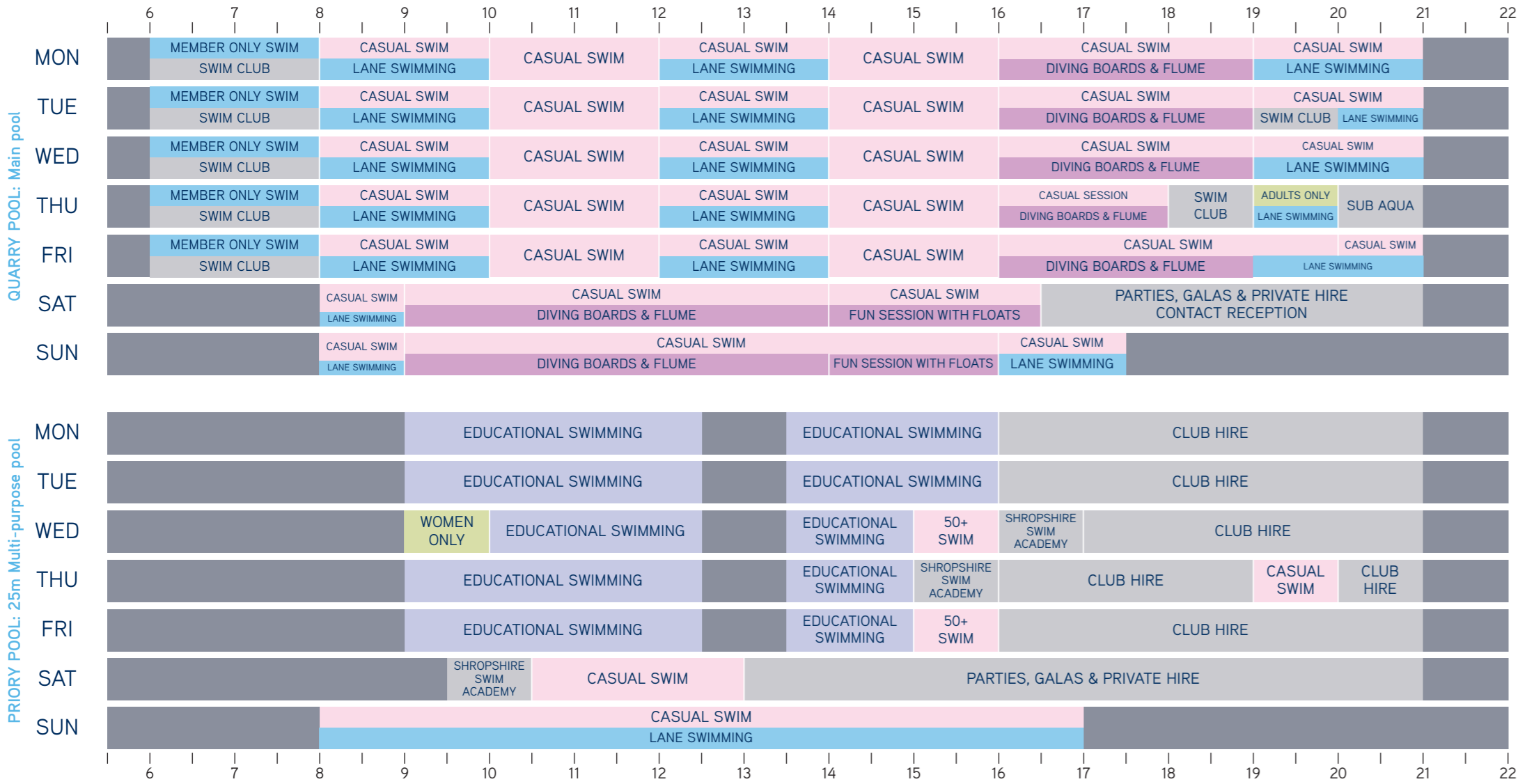
www.shropshireleisurecentres.com/the_quarry



Please note this leaflet is available in large print, on tape, in braille and various community languages upon request.



Main Pool & Priory Pool Timetable

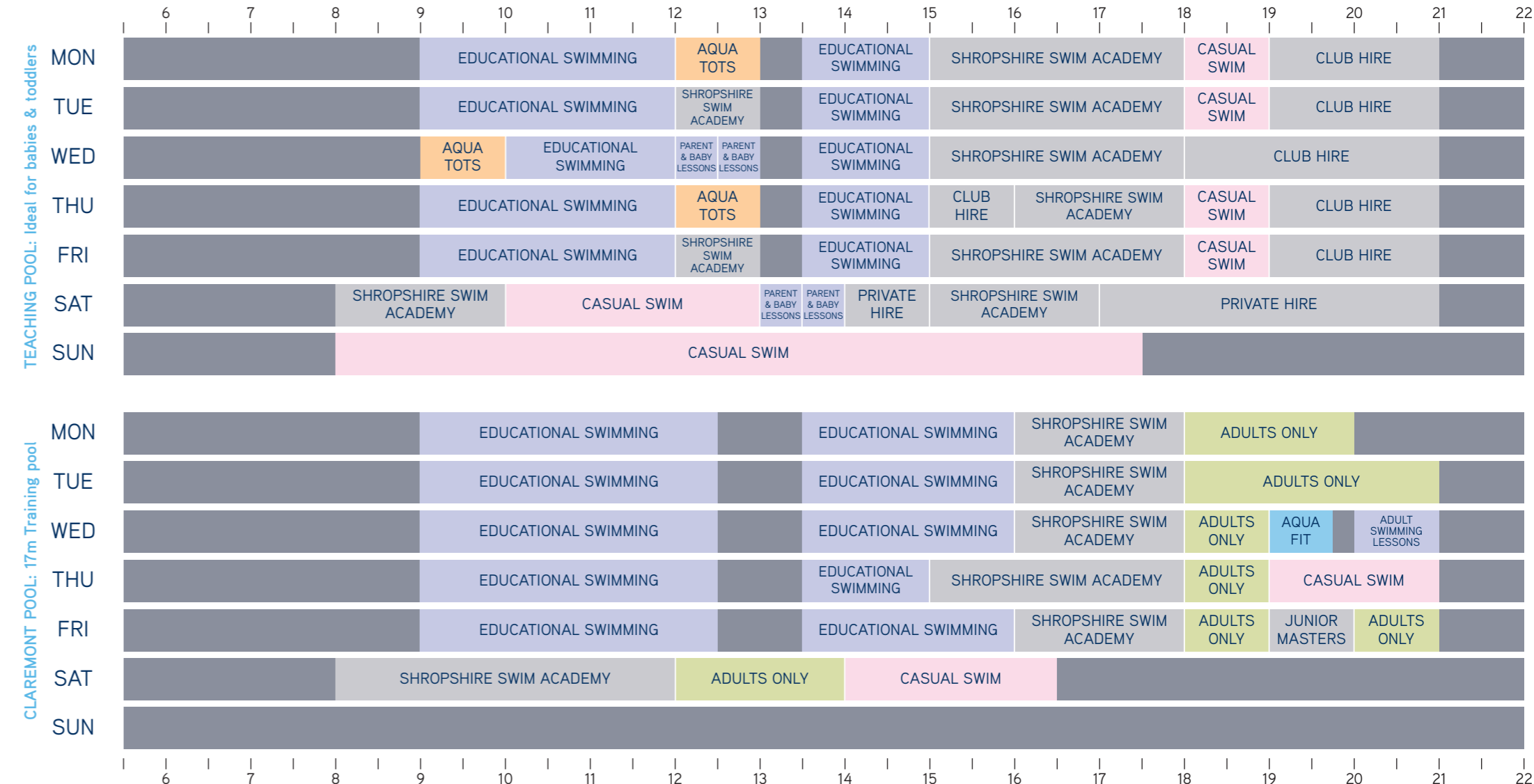


Pool Admission Policy

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 visit www.shropshireleisurecentres.com/the_quarry for the latest pool timetable. Please note the pool timetable was correct at time of print.

Teaching & Claremont Pool Timetable



Pool Admission 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 visit www.shropshireleisurecentres.com/the_quarry for the latest pool timetable. Please note the pool timetable was correct at time of print.