

Summer Holiday Swimming Timetable

Monday 30th July - Sunday 2nd September 2018



Xcel Leisure Centre

Work out, cool down or have a splash!

Swimming provides a great all-round workout by moving your whole body against the natural resistance of the water. It is an ideal physical activity to be more active and stay healthy, which is suitable for all ages and abilities. Families can take the opportunity to enjoy an activity together, either swimming in the 25m pools or having fun in the splash pool.

Modern Pools

The modern swimming facilities at both Xcel Leisure Centre and Centre AT7 offer:

- 25m six lane pool.
- Splash pool at Centre AT7 with water features; slides, jet sprays, tipping buckets and fan jets.
- Changing village to accommodate groups, families and individuals. Individual male and female changing rooms at Centre AT7.
- Disabled visitor friendly facilities, including assisted user and carer changing rooms. Individual self controlled pool lift at Xcel Leisure Centre.
- Spectator viewing gallery, for use at major pool events and swimming lessons.

Swim Sessions Prices

The session prices for both Xcel Leisure Centre and Centre AT7 are:

	Normal	Conc*	Members
Adult	£4.20	£3.00	FREE
Junior	£3.20	£3.00	
	Children aged 1 to 4 - £2.00		
Family	£12.00	£8.50	
Parent & Toddler	£2.00		
Splash Time	£3.00**		
Splash Pool (Centre AT7 Only)	Over 3s - £3.00		
	Children aged 1 to 3 - £2.00		
	Under 1s - FREE		
Seniors	£3.00		FREE
Special Needs	£3.00		

*Concessions are available for Passport to Leisure, NUS Extra, or Priority Card holders and O.A.P's.

**Unless under 3 years old at Xcel Leisure Centre.



Both Xcel Leisure Centre and Centre AT7 are home to the 'Aquarius Learn to Swim' programme, which has been established for over 20 years. All lessons adhere to the guidance and standards of the A.S.A. Awards Scheme. For more information please visit www.covsf.com or email aquarius@covsf.com.

Swimming Pool Policies & Restrictions

- **Parent & child pool ratios:** Children under 4 must be accompanied by an adult on a 1 to 1 basis. Children who can swim aged between 4 and 8 years must be accompanied by an adult on a 2 to 1 basis. Children who can swim aged 8 and over may use the pool without an accompanying adult.
- **Splash pool slide height restriction:** Children must be at least 1.3m tall to use the slides.
- **Changes to sessions:** Unfortunately on occasion sessions have to be cancelled, or times changed. This may be due to Bank Holidays, private bookings and children's birthday parties.
- **Subject to availability:** Due to popular demand sessions may be full on occasions. They are run on a first come first serve basis with tickets only available 15 minutes prior to the session.
- **Floatation aids:** Unfortunately we do not provide floatation aids during public swimming sessions. Armbands can be purchased at reception.
- **Additional sessions:** During School Holidays additional public and family swim sessions are available.

Swimming sessions are subject to change and availability. We advise you to call the Centre, visit our website, or follow us on social media for latest programming information.

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Session Guide

- **Adult Only:** Over 16's only. See Public Swim description.
- **Adult Lane Swim:** Over 16's only. Dedicated lane swimming. Must be a confident swimmer and be able to swim continuous laps. See Public Swim description.
- **Early Birds:** See Public Swim description.
- **Inclusive Swim:** Great session for children & adults with disabilities. Carer can aid user in the pool for free.
- **Ladies Only:** Weekday sessions for ladies aged 16 years and over, weekends all ages. Dedicated lane swimming.
- **Lane Only Swimming:** All ages. Choice of slow, medium and fast lane depending on speed and confidence.
- **Male Only:** All ages. Dedicated lane swimming.
- **Parent & Toddler:** Under 5s in splash pool at Centre AT7 and main pool at Xcel Leisure Centre. Children must be accompanied by an adult.
- **Public Swim:** All ages. Half pool dedicated lane swimming & half pool casual swimming. For members & casual swimmers.
- **Splash/Slides & Splash Time/Inflatable Fun:** Adults and children only. Slides, water features and floats at Centre AT7 splash pool. Floats and Inflatables at Xcel Leisure Centre main pool.
- **5 for 5:** Use the GoSwim '5 for 5' card to attend the designated GoSwim '5 for 5' sessions for just £1 each. Collect 5 stamps and pay No Joining Fee when becoming a Lifestyles Health Clubs or Inspire Fitness member.



NEW!

Summer Holiday Inflatable Obstacle Sessions

at Xcel Leisure Centre



Xcel Leisure Centre

25m Pool Timetable

Monday 30th July - Sunday 5th August



Monday 30th July	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Splash
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Public Swim
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Tuesday 31st July	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only
1.00pm - 2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
7.00pm-8.00pm	Public Swim
8.00pm-9.30pm	Ladies Only**

Wednesday 1st August	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm - 4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Lane Swimming Only ^(1,2)
9.00pm-10.00pm	Lane Swimming Only ^(1,2)

Thursday 2nd August	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
10.00am-10.30am	Splash
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Lane Swimming Only ^(1,2)

Friday 3rd August	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only
1.00pm - 2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim ⁽¹⁾ (½ Pool Only)
7.00pm-8.00pm	Public Swim ^{(1)**}
8.00pm-9.00pm	Public Swim ⁽¹⁾ & '5 for 5' ^{**}
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Saturday 4th August	
8.00am-9.00am	Early Birds
12.00pm-1.00pm	Public Swim (½ Pool Only)
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash & Inflatable Fun
3.15pm-4.00pm	Splash ⁽¹⁾
6.00pm-7.00pm	Public Swim

Sunday 5th August	
12.00pm-1.00pm	Adult Only
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash ⁽¹⁾
3.15pm-4.00pm	Parent & Toddler ⁽¹⁾
8.00pm-9.00pm	Adult Only

Key:

*Male staff may be on duty in the swimming pool area during ladies only sessions.

**Bank Holiday change

⁽¹⁾ Must be a confident swimmer and be able to swim continuous laps.

⁽²⁾ Deep Water Only. ⁽³⁾ Shallow Water Only.

Check our website www.covsf.com for details about our days and times

Xcel Leisure Centre

25m Pool Timetable

Monday 6th - Sunday 12th August

Monday 6th August	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
10.00am-11.00am	Lane Swimming only ⁽²⁾
12.00pm-1.00pm	Adult Only (⅔ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Public Swim
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Tuesday 7th August	
6.30am-9.00am	Early Birds
9.00am-10.00am	Splash ⁽³⁾
12.00pm-1.00pm	Adult Only (⅔ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
7.00pm-8.00pm	Public Swim
8.00pm-9.30pm	Ladies Only**

Wednesday 8th August	
6.30am-9.00am	Early Birds
9.00am-10.00am	Splash ⁽³⁾
12.00pm-1.00pm	Adult Only (⅔ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Lane Swimming Only ^(1,2)
9.00pm-10.00pm	Lane Swimming Only ^(1,2)

Thursday 9th August	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
12.00pm-1.00pm	Adult Only (⅔ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm - 4.00pm	Public Swim
7.00pm-8.00pm	Lane Swimming Only ^(1,2)

Friday 10th August	
6.30am-9.00am	Early Birds
9.00am-10.00am	Splash ⁽³⁾
12.00pm-1.00pm	Adult Only (⅔ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim ⁽¹⁾ (½ Pool Only)
7.00pm-8.00pm	Public Swim ^{(1)**}
8.00pm-9.00pm	Public Swim ⁽¹⁾ & '5 for 5' ^{**}
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Saturday 11th August	
8.00am-9.00am	Early Birds
12.00pm-1.00pm	Public Swim (½ Pool Only)
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash & Inflatable Fun
3.15pm-4.00pm	Splash ⁽¹⁾
6.00pm-7.00pm	Public Swim

Sunday 12th August	
12.00pm-1.00pm	Adult Only
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash ⁽¹⁾
3.15pm-4.00pm	Parent & Toddler ⁽¹⁾
8.00pm-9.00pm	Adult Only

Xcel Leisure Centre

25m Pool Timetable

Monday 13th - Sunday 26th August



Monday 13th August	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Splash
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Public Swim
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Tuesday 14th August	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
7.00pm-8.00pm	Public Swim
8.00pm-9.30pm	Ladies Only**

Wednesday 15th August	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Lane Swimming Only ^(1,2)
9.00pm-10.00pm	Lane Swimming Only ^(1,2)

Thursday 16th August	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
10.00am-10.30am	Splash
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm - 4.00pm	Public Swim
7.00pm-8.00pm	Lane Swimming Only ^(1,2)

Friday 17th August	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only
1.00pm - 2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim ⁽¹⁾ (½ Pool Only)
7.00pm-8.00pm	Public Swim ^{(1)**}
8.00pm-9.00pm	Public Swim ⁽¹⁾ & '5 for 5' ^{**}
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Saturday 18th August	
8.00am-9.00am	Early Birds
12.00pm-1.00pm	Public Swim (½ Pool Only)
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash & Inflatable Fun
3.15pm-4.00pm	Splash ⁽¹⁾
6.00pm-7.00pm	Public Swim

Sunday 19th August	
12.00pm-1.00pm	Adult Only
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash ⁽¹⁾
3.15pm-4.00pm	Parent & Toddler ⁽¹⁾
8.00pm-9.00pm	Adult Only

Key:

*Male staff may be on duty in the swimming pool area during ladies only sessions.

**Bank Holiday change

⁽¹⁾ Must be a confident swimmer and be able to swim continuous laps.

⁽²⁾ Deep Water Only. ⁽³⁾ Shallow Water Only.

Xcel Leisure Centre

25m Pool Timetable

Monday 20th August - Sunday 26th August

Monday 20th August	
6.30am-9.00am	Early Birds
9.30am-10.00am	Parent & Toddler (½ Pool Only)
10.00am-11.00am	Lane Swimming only ⁽²⁾
12.00pm-1.00pm	Adult Only (⅓ Pool Only)
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Public Swim
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Tuesday 21st August	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only (⅓ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
7.00pm-8.00pm	Public Swim
8.00pm-9.30pm	Ladies Only**

Wednesday 22nd August	
6.30am-9.00am	Early Birds
9.00am-10.00am	Splash ⁽³⁾
12.00pm-1.00pm	Adult Only (⅓ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Lane Swimming Only ^(1,2)
9.00pm-10.00pm	Lane Swimming Only ^(1,2)

Thursday 23rd August	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
10.00am-11.00am	Splash
12.00pm-1.00pm	Adult Only (⅓ Pool Only)

Thursday 23rd August (continued)	
1.00pm - 2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Lane Swimming Only ^(1,2)

Friday 24th August	
6.30am-9.00am	Early Birds
9.00am-10.00am	Splash ⁽³⁾
12.00pm-1.00pm	Adult Only (⅓ Pool Only)
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim ⁽¹⁾ (½ Pool Only)
7.00pm-8.00pm	Public Swim ^{(1)**}
8.00pm-9.00pm	Public Swim ⁽¹⁾ & '5 for 5'***
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Saturday 25th August	
8.00am-9.00am	Early Birds
12.00pm-1.00pm	Public Swim (½ Pool Only)
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash & Inflatable Fun
3.15pm-4.00pm	Splash ⁽¹⁾
6.00pm-7.00pm	Public Swim

Sunday 26th August	
12.00pm-1.00pm	Adult Only
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash ⁽¹⁾
3.15pm-4.00pm	Parent & Toddler ⁽¹⁾
8.00pm-9.00pm	Adult Only

Xcel Leisure Centre

25m Pool Timetable

Monday 27th August - Sunday 2nd September



BANK HOLIDAY - MONDAY 27TH AUGUST
Please note that our centre will be opening at 8.30am and closing at 7.00pm.

Monday 27th August (Bank Holiday)	
8.30am-9.30am	Early Birds
9.30am-10.00am	Parent & Toddler (½ Pool Only)
12.00pm - 1.00pm	Adult Only
1.00pm - 2.00pm	Splash ⁽³⁾
2.00pm - 3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim

Tuesday 28th August	
6.30am-9.00am	Early Birds
9.00am - 10.00am	Splash ⁽³⁾
11.00am-12.00pm	Inflatable Fun
12.00pm-1.00pm	Adult Only
7.00pm-8.00pm	Public Swim
8.00pm-9.30pm	Ladies Only**

Wednesday 29th August	
6.30am-9.00am	Early Birds
9.00am-10.00am	Splash ⁽³⁾
12.00pm-1.00pm	Adult Only
1.00pm-2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim
7.00pm-8.00pm	Public Swim (½ Pool Only)
8.00pm-9.00pm	Lane Swimming Only ^(1,2)
9.00pm-10.00pm	Lane Swimming Only ^(1,2)

Thursday 30th August	
6.30am-9.00am	Early Birds
9.00am-9.30am	Parent & Toddler (½ Pool Only)
9.30am-10.00am	Parent & Toddler (½ Pool Only)
10.00am-11.00am	Inflatable Fun
11.00am-12.00pm	Inflatable Fun
12.00pm-1.00pm	Adult Only

Thursday 30th August (continued)	
1.00pm - 2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm - 4.00pm	Public Swim
7.00pm-8.00pm	Lane Swimming Only ^(1,2)

Friday 31st August	
6.30am-9.00am	Early Birds
12.00pm-1.00pm	Adult Only (⅓ Pool Only)
1.00pm - 2.00pm	Splash ⁽³⁾
2.00pm-3.00pm	Inflatable Fun
3.00pm-4.00pm	Public Swim ⁽¹⁾ (½ Pool Only)
7.00pm-8.00pm	Public Swim ^{(1)**}
8.00pm-9.00pm	Public Swim ⁽¹⁾ & '5 for 5'***
9.00pm-10.00pm	Lane Swimming Only ⁽²⁾

Saturday 1st September	
8.00am-9.00am	Early Birds
12.00pm-1.00pm	Public Swim (½ Pool Only)
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash & Inflatable Fun
3.15pm-4.00pm	Splash ⁽¹⁾
6.00pm-7.00pm	Public Swim

Sunday 2nd September	
12.00pm-1.00pm	Adult Only
1.00pm-1.45pm	Splash & Inflatable Fun
1.45pm-2.30pm	Splash & Inflatable Fun
2.30pm-3.15pm	Splash ⁽¹⁾
3.15pm-4.00pm	Parent & Toddler ⁽¹⁾
8.00pm-9.00pm	Adult Only

Key:

*Male staff may be on duty in the swimming pool area during ladies only sessions.

**Bank Holiday change

⁽¹⁾ Must be a confident swimmer and be able to swim continuous laps.

⁽²⁾ Deep Water Only. ⁽³⁾ Shallow Water Only.

Lifestyles
HEALTH CLUBS



Centre AT7
Xcel Leisure Centre
The Alan Higgs Centre



**ALL INCLUSIVE
MEMBERSHIPS
FROM ONLY £20**
+20 EXCLUSIVE BENEFITS



Join in Centre or online at www.covsf.com



**Coventry Sports
Foundation**

More than just sport!

Pride

Passion

Performance



Bell Green Road
Coventry CV6 7GP



Mitchell Avenue
Coventry CV4 8DY



Allard Way
Coventry CV3 1HW

For Adults...

Health and Fitness (Fitness Suite, Swimming, Exercise Classes, Sauna, Steam and Spa • Swimming • Swimming Lessons • Sports Courts and Pitches (Football, Badminton, Tennis, Netball, Volleyball, Basketball, Cricket)

For Children...

Swimming Lessons • Sports Coaching & Activities • Holiday Camps and Activities • Creche • Indoor Play Areas Outdoor Play Areas • BMX & Skate Park • Children's Parties (Indoor Play Parties, Narrowboat Party, Adventure Party, Environmental Parties, Sports Parties, Performing Arts Parties, Pool Parties)

For the Family...

Cafe Bars • Carvery • Function Rooms

For Office and Groups...

Meeting and Conference Rooms • Outdoor Adventure Team Building • Sporting Events • Open Day Facilities

For Schools...

Swimming Lessons • Curriculum Sports Coaching • Environmental Activities

Something Different...

Coventrian Narrow Boat (Sunday Lunch and Dinner Cruises, Themed Cruises, Away Day Meetings, Water Taxi to Ricoh Arena, Private Hire)



Visit our website
www.covsf.com



Speak to us
024 7630 8258



Send us an email
info@covsf.com



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**BE SAFE
FEEL SAFE
MY RIGHT!**



www.covsf.com/safeguarding

LISTEN... SUPPORT... ACT!

Every member of staff, user and visitor to Coventry Sports Foundation facilities is responsible for maintaining respectful and safe behaviour towards all children and young people at all times.

In the event that you have any cause for concern, please speak to any member of staff immediately.

Please note: Activities, programming, times and prices mentioned in this literature may be subject to change. It is advised you visit our website or contact the centre prior to your visit for any updates. Our website can be translated into a wide range of languages.