



# TIMETABLE & PRICE LIST

January 2018  
Swimming Pool  
Fitness Studio  
Gymnasium

THE WARM ONE  
Water Temperature - 88°F/32°C

WORCESTER CITIZENS'  
SWIMMING BATH ASSOCIATION  
WEIR LANE LOWERWICK WORCESTER WR2 4AY

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## SWIMMING POOL TIMETABLE

DURING TERM TIME ONLY

|                  |                           |                          |
|------------------|---------------------------|--------------------------|
| <b>Monday</b>    | <b>Adult Lane Swim</b>    | <b>7.00am - 8.45am</b>   |
|                  | School Swimming           | 9.00am - 12.00pm         |
|                  | <b>Public Swim</b>        | <b>12.00pm - 1.30pm</b>  |
|                  | <b>Public Swim</b>        | <b>4.00 pm - 5.45pm</b>  |
|                  | Adult Aqua Aerobics*      | 6.00 pm - 7.00pm         |
|                  | Adult Aqua Aerobics*      | 7.00pm - 8.00pm          |
|                  | <b>Adults Only Swim</b>   | <b>8.00pm - 9.00pm</b>   |
| <b>Tuesday</b>   | Adult Aqua Aerobics*      | 11.30am-12.30pm          |
|                  | <b>Public Swim</b>        | <b>12.30pm - 1.45pm</b>  |
|                  | <b>School Swimming</b>    | <b>2.00pm - 3.00pm</b>   |
|                  | Child Learner Classes     | 4.00pm & 4.30pm          |
|                  | Child Improver Classes    | 5.00pm, 5.30pm & 6pm     |
|                  | Adult Aqua Aerobics*      | 7.00pm - 8.00pm          |
|                  | <b>Public Swim</b>        | <b>8.00pm - 9.45pm</b>   |
| <b>Wednesday</b> | <b>Adult Lane Swim</b>    | <b>7.00am - 8.45am</b>   |
|                  | School Swimming           | 9.00am - 12.00pm         |
|                  | <b>Public Swim</b>        | <b>12.00pm - 1.45pm</b>  |
|                  | Adult Aqua Aerobics*      | 2.00pm - 3.00pm          |
|                  | <b>Public Swim</b>        | <b>4.00 pm - 5.45pm</b>  |
|                  | 1-2-1 Swimming Lessons*   | 4.00, 4.30 or 5.00 pm    |
|                  | Child Learner Classes     | 5.45pm & 6.15pm          |
|                  | Child Improver Classes    | 6.45pm, 7.15pm & 7.45pm  |
|                  | <b>Adults Only Swim</b>   | <b>8.30pm - 9.30pm</b>   |
| <b>Thursday</b>  | <b>Public Swim</b>        | <b>12.00 pm - 1.45pm</b> |
|                  | Adult Aqua Aerobics*      | 2.00pm - 3.00pm          |
|                  | <b>Public Swim</b>        | <b>4.00 pm - 5.45pm</b>  |
|                  | 1-2-1 Swimming Lessons*   | 4.00, 4.30 or 5.00       |
|                  | Child Learner Classes     | 5.45pm & 6.15pm          |
|                  | Child Improver Classes    | 6.45pm, 7.15pm & 7.45pm  |
|                  |                           | <b>Adults Only Swim</b>  |
| <b>Friday</b>    | <b>Adult Lane Swim</b>    | <b>7.00am - 8.45am</b>   |
|                  | School Swimming           | 9.00am - 12.00pm         |
|                  | <b>Public Swim</b>        | <b>12.00pm - 1.30pm</b>  |
|                  | Child Learner Classes     | 4.00pm & 4.30pm          |
|                  | Child Improver Class      | 5.00pm & 5.30pm          |
|                  | Children's Survive & Save | 6.00pm - 7.00pm          |

## SWIMMING POOL TIMETABLE

DURING TERM TIME ONLY

|                 |                               |                          |
|-----------------|-------------------------------|--------------------------|
| <b>Saturday</b> | Child Learner Classes         | 8.15am & 8.45am          |
|                 | Child Improver Classes        | 9.15am, 9.45am & 10.15am |
|                 | <b>Public swim</b>            | <b>11.00am - 1.30pm</b>  |
|                 | 1-2-1 Swimming Lessons*       | 11.00, 11.30 or 12.00    |
|                 | <b>Children's Splash hour</b> | <b>1.45pm - 2.45 pm</b>  |
|                 | Private Party Bookings        | 3.00pm onwards           |
| <b>Sunday</b>   | <b>Adult Lane Swim</b>        | <b>8.30am - 10.00am</b>  |
|                 | <b>Public Swim</b>            | <b>10.00 am - 2.45pm</b> |
|                 | Private Party Bookings        | 3.00pm onwards           |

**UNDER 8'S MUST BE ACCOMPANIED BY AN ADULT AT A RATIO OF 1 ADULT: 3 CHILDREN**

**DUE TO CHILD PROTECTION THE USE OF VIDEO/STILL CAMERAS OR MOBILE PHONE CAMERAS ARE NOT PERMITTED IN PUBLIC SESSIONS & LESSONS.**

**Private Parties** The Pool & the Inflatable are available for private party bookings, Saturday & Sunday evenings. **The Pool / Inflatable** are a great way to celebrate someone's birthday or just to relax. Music and big floats are provided. Disco lights are optional.

*For availability please see reception.*

**Children's Swimming Lessons**- Children's lessons are available from 4½ to 14, aimed to provide instruction for beginners through to top improvers. The sessions are bookable in 10 week courses and cost **£55.00**. For session times, please see the pool timetable.

*Application forms are available at reception.*

**School Holiday - please see special timetable**

**Crash Courses** - Intensive, early morning swimming lessons, available during summer holidays.

*For availability please see reception.*

**All lessons and classes are paid in full at the beginning of each session.**

**Any missed sessions are non refundable.**

\*These sessions are bookable in 8 week blocks and we operate a waiting list system. Please ask at reception

## ADMISSION CHARGES

|                                    |       |
|------------------------------------|-------|
| Adult Swimmer                      | £4.70 |
| Senior Citizen                     | £3.00 |
| Junior Swimmer (under 16)          | £3.00 |
| Student Swimmer (Student card)     | £3.00 |
| Toddler swimmer (Under 3)          | £1.20 |
| Spectator                          | £1.00 |
| Splash hour Adult                  | £3.80 |
| Splash hour Children (3- under 16) | £3.20 |

## FITNESS GYM

|                                     |        |
|-------------------------------------|--------|
| Fitness Gym (With free public swim) | £4.70  |
| Gym Course                          | £50.00 |
| Gym Programme                       | £25.00 |

## CITIZEN "10" TICKETS (Valid for six months only)

|                 |        |
|-----------------|--------|
| 10 Adult Swim   | £37.60 |
| 10 Junior swims | £24.00 |
| 10 Gym sessions | £37.60 |

## SWIMMING LESSONS

|                                   |        |
|-----------------------------------|--------|
| 10 Child Learner/Improver Classes | £55.00 |
| 8 Adult Aqua Aerobics Sessions    | £44.00 |
| 1-2-1 Swimming Lessons (½ hour)   | £14.00 |

## Fitness Studio

|                                    |        |
|------------------------------------|--------|
| Single Studio Session              | £5.50  |
| Studio "10" ticket                 | £45.00 |
| Studio 28 day pass                 | £30.00 |
| Clubbercise Glow Sticks (optional) | £5.00  |

## PRIVATE PARTY BOOKINGS: 1 hour - Inc. changing time

Available Friday and Saturday evenings

|  |        |
|--|--------|
| Pool party bookings                            | £60.00 |
| Pool party with disco lights                   | £75.00 |
| Inflatable party bookings (40 people)          | £95.00 |
| Inflatable party with disco lights (40 people) | £99.00 |
| Top Room (45 minute bookings)                  | £15.00 |

The Management reserves the right to refuse admission and also to change the times and prices without prior notice.

THE ASSOCIATION CANNOT ACCEPT RESPONSIBILITY FOR PERSONAL BELONGINGS LEFT UNATTACHED IN OR OUTSIDE THE POOL BUILDING

PLEASE USE THE LOCKERS PROVIDED WHEN USING THE POOL  
LOST PROPERTY WILL ONLY BE HELD FOR A PERIOD OF ONE MONTH.

This is a registered Charity Pool and all proceeds and donations will be used to improve the facilities provided.  
It is controlled by the Worcester Citizens' Swimming Bath Association.

Registered Charity No. 523209

## Fitness Studio

All classes are pay as you go on a weekly basis

|                 |                   |                   |               |      |
|-----------------|-------------------|-------------------|---------------|------|
| <b>Monday</b>   | 9.30am - 10.30am  | Zumba             | Tina          |      |
|                 | 6.30pm - 7.30pm   | Clubbercise       | Tina          |      |
|                 | 7.45pm - 8.45pm   | Boogie Bounce     | Lisa          |      |
| <b>Tuesday</b>  | 9.30am - 10.15am  | Pound             | Tina          |      |
|                 | 11.30am - 12.30pm | 50+ Pilates       | Deborah       |      |
|                 | 6.30pm - 7.30pm   | Pilates           | Deborah       |      |
|                 | 8.00pm - 9.00pm   | Boogie Bounce     | Lisa          |      |
|                 | <b>Wednesday</b>  | 9.30am - 10.30am  | Yoga          | Tina |
|                 | 11.30am - 12.15pm | 50+ Boogie Bounce | Lisa          |      |
|                 | 6.00pm - 7.00pm   | LBT               | Tina          |      |
|                 | 7.00pm - 8.00pm   | Zumba             | Tina          |      |
|                 | 8.00pm - 8.45pm   | Pound             | Tina          |      |
| <b>Thursday</b> | 9.30am - 10.30am  | Clubbercise       | Tina          |      |
|                 | 11.45am - 12.45am | Pilates           | Deborah       |      |
|                 | 6.00pm - 7.00pm   | Clubbercise       | Tina          |      |
|                 | 7.00pm - 8.00pm   | Clubbercise       | Tina          |      |
|                 | 8.15pm - 9.15pm   | Boogie Bounce     | Lisa          |      |
|                 | <b>Friday</b>     | 10.00 - 11.00am   | Boogie Bounce | Lisa |
|                 | 6.00pm - 6.50pm   | Zumba             | Denise        |      |
|                 | 7.00pm - 8.00pm   | Yoga              | Denise        |      |

**Zumba** – Fun, energetic and lively. A great dance based workout even for people with two left feet!! Based on international dance rhythms with a fitness twist

**Clubbercise**– Bringing a night out to your work out. Fun easy to follow dance workouts with rave glow sticks and disco lights. Club anthems from the 90's to today's hits.

**Legs, Bums, Tums\*** - Focusing on those stubborn areas. An all over total workout. Different every week

**Yoga** - Free style fitness Yoga is a fitness programme that incorporates stretch, strength and Yoga postures. You will learn how to understand your body and begin to move more effectively and efficiently, improving posture, self awareness and confidence.

**Pound** - Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising. POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

### Class cancellation policy

Cancellation of your place with less than 24 hours before the start of your class, you will not receive a refund or a credit. However, if we are able to refill your space with someone from the reserve list, we will issue you with a credit.

## Fitness Gym (Minimum Age 16 years)

|                    |                |
|--------------------|----------------|
| Monday & Wednesday | 7.00am-9.30pm  |
| Tuesday & Thursday | 9.00am-9.30pm  |
| Friday             | 7.00am- 7.00pm |
| Saturday & Sunday  | 9.00am-4.45pm  |

N.B. On Saturdays the closing time may be later due to private Parties in the pool. Please phone on the day for the closing time.

Compulsory induction course is needed prior to use. This includes induction, a ten ticket and free swim (during public swim) with every use.

- \*Easy to use\*
- \*Get fit and stay fit\*
- \*Change the way you look\*
- \*Burn calories\*

Individual training programs are available from in house personal trainer.

### Gym Facilities

*Cardio - tread mill, bike, cross trainer, stepper.  
Resistance- weights, ab trainer.*

### How to find us

#### From Worcester City Centre

Head out of town towards the **river bridge**.  
Go over the bridge into the **left hand lane**.  
Past the **Worcester Cricket Ground**.  
Follow the road round on to the **A449** to Malvern.  
Continue up the road for 1 mile  
Take the **first** turning on your left into **Weir Lane**.  
Continue down the lane following the road down.

#### By Bus:

Take the 44/a running approx every 20 minutes from the city centre.  
Walk back to weir lane.

#### From Junction 7 M5

Follow sign posts for **Malvern & Worcester West**  
At the **first** round about **turn left**.  
Follow the **A4440 towards Malvern**.  
At the **fourth** round about (**after the river bridge**) **turn right**  
At the next mini round about take the **third exit** (to the right of the petrol station)  
Take the **second** turning to the right into **weir lane**.