



# TIMETABLE & PRICE LIST

November 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

(01905) 421089

Email: [info@lwsp.co.uk](mailto:info@lwsp.co.uk)

Website: [www.lwsp.co.uk](http://www.lwsp.co.uk)

Like us on Facebook for our latest information

## 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*	1.45pm - 2.45pm
	<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>8.30pm - 9.30pm</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: 1hour - Inc. changing time

Available Saturday & Sunday evenings

Pool party with 30/60 people	£75/£90
Pool party with 30/60 and disco lights	£90/£115
Inflatable with without /with lights	£115/£120
Top room - 30 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

<b>Monday</b>	9.30am - 10.30am	Zumba	Tina	
	10.40am - 11.40am	Yoga	Tina	
	6.30pm - 7.30pm	Clubbercise	Tina	
<b>Tuesday</b>	7.45pm - 8.35pm	PumpFX	Tina	
	9.30am - 10.15am	Pound	Tina	
	11.30am - 12.30pm	50+ Pilates	Deborah	
	6.30pm - 7.30pm	Pilates	Deborah	
	8.15pm-9.00pm	Boogie bounce	Stephi	
	<b>Wednesday</b>	9.30am-10.30am	Yoga	Tina
	11.00am-11.45am	Boogie bounce	Stephi	
	6.00pm - 7.00pm	LBT	Tina	
	7.00pm - 8.00pm	Zumba	Tina	
	8.00pm - 8.45pm	Pound	Tina	
	<b>Thursday</b>	9.30am - 10.20am	Clubbercise	Tina
	10.30am-11.15am	Boogie bounce	Stephi	
	11.45am - 12.45am	Pilates	Deborah	
	6.00pm - 7.00pm	Clubbercise	Tina	
	7.15pm - 8.05pm	PumpFX	Tina	
<b>Friday</b>	9.30am - 10.30am	Pilates	Deborah	
	6.00pm - 6.50pm	Zumba	Denise	
	7.00pm - 8.00pm	Yoga	Denise	

## 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.

All classes are pay as you go on a weekly basis.  
Classes can be booked up to 1 week in advance.

**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!

**PumpFX** - Utilising barbells and weight plates, pump fx provides a progressive, complete-body workout. You will be taught the correct technique for all exercises and as you choose your own weights you can progressively build up muscle and increase the weight to suit you. Classes are designed to be tough but the weight you choose should be comfortable so if you're a beginner it's best to start with lighter weights and progressively build up to the heavier weights the more you attend.

## 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.