



New Road, Impington, Cambridge CB24 9LX

Tel: 01223 200404

Email: sportscentre@ivc.tmet.org.uk

 facebook.com/impingtonsportscentre

 twitter.com/impingtonSC

www.impingtonsportscentre.co.uk



Please
observe
NEW swim
rules

Swimming Timetable

Timetable is effective from Tuesday 1st September 2020

(see Autumn Half Term brochure for Monday 26th October
to Sunday 1st November 2020)

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Swimming Timetable



Timetable is effective from Monday 1st September 2020 (see Autumn Half Term brochure for Monday 26th October to Sunday 1st November 2020)

	7.00	8.00	9.00	10.00	11.00	12.00	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00	9.00
Mon	Early Morning Swim 6.45am to 7.30am	Early Morning Swim 7.45am to 8.30am	Lane Swim 9.00am to 9.45am	50+ Swim 10.00am to 10.45am	50+ Swim 11.00am to 11.45am	Adult Lanes 12.00pm to 12.45pm	Adult Lanes 1.00pm to 1.45pm	Lane Swim 2.00pm to 2.45pm	Swimming Lessons 3.30pm to 5.45pm				Impington Masters 6.30pm to 7.30pm	Bottisham Swim Club 7.30pm to 8.30pm	
Tue	Cambis Triathlon 6.30am to 8.00am		Lane Swim 9.00am to 9.45am	Lane Swim 10.00am to 10.45am	Lane Swim 11.00am to 11.45am	Adult Lanes 12.00pm to 12.45pm	Adult Lanes 1.00pm to 1.45pm	Lane Swim 2.00pm to 2.45pm	Swimming Lessons 3.30pm to 5.45pm				Adult Lanes 6.30pm to 7.15pm	Get Swimfit! 7.30pm to 8.30pm	
Wed	Early Morning Swim 6.45am to 7.30am	Early Morning Swim 7.45am to 8.30am	Parents & Baby Swim Lessons 9.00am to 10.00am	Adult Swim Lessons 10.15am to 11.45am		Adult Lanes 12.00pm to 12.45pm	Adult Lanes 1.00pm to 1.45pm	Lane Swim 2.00pm to 2.45pm	Swimming Lessons 3.30pm to 5.45pm				Adult Lanes 6.30pm to 7.15pm	Adult Lanes 7.30pm to 8.15pm	
Thu	Cambis Triathlon 6.30am to 8.00am		Lane Swim 9.00am to 9.45am	Lane Swim 10.00am to 10.45am	Lane Swim 11.00am to 11.45am	Adult Lanes 12.00pm to 12.45pm	Adult Lanes 1.00pm to 1.45pm	Lane Swim 2.00pm to 2.45pm	Swimming Lessons 3.30pm to 5.45pm				Adult Lanes 6.30pm to 7.15pm	Impington Masters 7.30pm to 8.30pm	
Fri	Early Morning Swim 6.45am to 7.30am	Early Morning Swim 7.45am to 8.30am	Lane Swim 9.00am to 9.45am	50+ Swim 10.00am to 10.45am	50+ Swim 11.00am to 11.45am	Adult Lanes 12.00pm to 12.45pm	Adult Lanes 1.00pm to 1.45pm	Lane Swim 2.00pm to 2.45pm	Swimming Lessons 3.30pm to 5.45pm			Adult Lanes 6.00pm to 6.45pm	Cambis Triathlon 7.00pm to 8.00pm		
Sat	Cambis Triathlon 7.00am to 10.00am		Swimming Lessons 10.00am to 1.00pm			Family Time 1.15pm to 2.00pm	Family Time 2.15pm to 3.00pm								
Sun	Aquafit 9.00am to 9.55am		Family Time 10.15am to 11.00am	Family Time 11.15am to 12.00pm	Bottisham Swim Club 12.00pm to 3.00pm										

PRICE LIST

Adults	£4.00
OAP / Concession	£3.00
Children (under 16)	£3.00
Children (under 3)	FREE
Aquafit	£4.60/£3.60
Swimfit	£5.30/£4.30
Family Time Ticket (2 Adults and up to 3 children)	£14.00

IMPORTANT

- All sessions must be pre-booked only. Places are limited to adhere to social distancing.
- Swim sessions are 45 minutes long with 15 minutes to vacate the changing area.
- Admission is allowed from the start of a session and not before.
- Once you have finished your swim, leave the leisure centre as soon as you can.
- Arrive ready to swim.
- Shower at home. Arrive wearing your swimwear under your clothing and showering at home to minimise time spent in the changing room.
- The poolside showers will be available for a quick pre and post swimming to help maintain the water quality.
- Take any equipment/aids with you (floats, kick boards etc.) ensuring it is clean and identifiable as yours before you arrive.
- For safety reasons no child under the age of 8 years will be allowed into the pool unaccompanied by an adult. Under 8's must be accompanied by an adult and an adult may accompany a maximum of two under 8's into the pool.

50+ Swim

Exclusive use of the pool for a more sedate swim. There will be lanes to ensure social distancing.

Adult Lanes (16+ only)

Enjoy a relaxing swim for adults only. The pool is split into three lanes (fast, medium & slow). Whatever speed you are, there is a lane for you. Please avoid backstroke in lane sessions.

Aquafit (16+ only)

An instructor led water aerobics session.

Early Morning Swim (16+ only)

Wake up with an early morning lane swim! The pool is sectioned off for lane swimming and for adults only. Please avoid backstroke in lane sessions.

Family Time

Sessions for families only. Families will need to social distance. Under 8's must be accompanied by an adult in the pool and an adult may accompany a maximum of two under 8's.

Get Swimfit!

An intense workout for all abilities. Improve your swim stamina with a blend of technique, circuit training and coached pool work.

Lane Swim (12+ only)

Enjoy a relaxing swim. The pool is split into three lanes (fast, medium & slow). Whatever speed you are, there is a lane for you. Please avoid backstroke in lane sessions. Under 16's must be confident in deep water.