

Gourock Outdoor Pool Starlight Swims

A fresh crisp summer evening, clear sky and glistening stars set the scene. The warmth of the pool, heated to 84 degrees Fahrenheit, creates the perfect atmosphere to marvel at the delights of this unique swimming experience.

Wednesdays

30th May / 13th June / 27th June / 11th July
25th July / 8th August / 22nd August

Admission is by ticket only which must be purchased in advance from reception or online. The Inverclyde free swim arrangement does not apply to Startlight swims.

Doors open at 9.45pm



Welcome to Gourock Fitness Gym

Inductions and person centred programmes with regular reviews are provided by our friendly staff to ensure that your experience here will be enjoyable as well as productive.

Group Fitness classes are available for members and casual users **at no extra cost** and regular gym challenges will help you measure improvements in performance.

The **unique aspect of the adjacent outdoor pool** offers a holiday feel for those who want to enjoy their training with a leisurely swim before or after their gym session, and weather permitting, a spot of sunbathing afterwards.

If that wasn't reason enough to make Gourock the place to be, the River Clyde provides the most spectacular backdrop to the facility which means that it won't just be the training sessions in our gym that will take your breath away.

Come and see for yourself!

Personal Training sessions at Gourock Gym

Want to train more effectively and make the most of your gym sessions?

Lacking some enthusiasm and need motivating?

If you want results quicker, book a PT session with one of our fully qualified Personal Trainers today!



Triathlon

The Inverclyde Leisure Triathlon has become one of the country's most attractive for multi event athletes. Over the sprint distance, competitors will swim 800 metres, cycle 10 miles, and finish with a 5 kilometre run all against the clock.

This year's event takes place on Sunday 19th August 2018.

Please enter online at www.entrycentral.com and search for "Inverclyde Leisure Sprint Distance Triathlon".

For more information, please contact us on 01475 213135.

Classes @ Gourock Gym

Mon/Wed/Fri

6.00am Spinfit (WED ONLY)
6.30am Functional Circuits (WED ONLY)
9.00am Spinfit
9.30am Functional Circuits
10.00am Body Weight HIIT Blast
10.30am Cardio Circuit
5.30pm Kettlebells
6.00pm Body Weight HIIT Blast
6.30pm Spinfit / Abs (45 minutes)

Tues/Thurs

9.00am Spinfit
9.30am Functional Circuits
10.00am Body Weight HIIT Blast
10.30am Kettlebells
5.30pm Functional Circuits
6.00pm Body Weight HIIT Blast
6.30pm Spinfit / Abs (45 minutes)

Saturday

9.30am Functional Circuits
10.00am Spinfit



Spaces are limited, so please book your space today to avoid disappointment.

Gourock Fitness Gym has recently undergone a refurbishment and equipment upgrade to the latest **state of the art Technogym fitness equipment and technology**. This is designed to motivate you to move more and become healthier!

With the Technogym app, you can live a "**Wellness on the Go**" lifestyle as users can access their wellness data anywhere, at any time, including the gym, at home, outdoor, at work and when travelling.

**Interested in Pool or Fitness Gym memberships? Please call
01475 213135**

or email Lauren.Deveney@inverclydeleisure.com

Gourock Outdoor Pool & Fitness Gym

Albert Road, Gourock PA19 1NQ

**Pool Tel: 01475 213122
Gym Tel: 01475 213135**



www.inverclydeleisure.com

Inverclyde Leisure is a registered Scottish Charity No. SC 032161

COME AND TRY THE FITNESS GYM FOR FREE!

Simply complete and return the form below to our reception to receive a **FREE GYM SESSION** at our Gourrock Fitness Gym.

Name:

Address:

Postcode:

Tel No:

Email:

See you in the Gym!



Welcome

We would like to welcome you to the recently refurbished facility at Gourrock Outdoor Pool and Gym. The extensive redevelopment project, consisting of modern and contemporary changing facilities, a new gym with panoramic views and improved disabled access with street level parking offers customers a truly unique and first class leisure experience. Enjoy open air swimming in our salt water pool, heated to 84 degrees Fahrenheit, and then get a feel for the summer on our terraced area or the traditional patio all with spectacular views of the Clyde estuary.

Swim for Fitness

Swimming boasts a whole range of benefits including increased strength, aerobic conditioning and endurance. Lanes will be available **Monday to Friday from 12noon - 2.00pm and 4.00pm - 6.00pm** to help you achieve your goals and perhaps even train for the Gourrock Triathlon!

Quiet Zone

If you want a peaceful and tranquil swim then pop along to the Quiet Zone at Gourrock Pool **every weekday from 9.00am - 10.00am**. Children must be accompanied by a responsible adult.

Diving Boards

Take the plunge from the 1m springboard or the 3m high dive platform. Transform your belly flop to the perfect pike position.

Opening times for the diving boards are subject to demand.

Times may be extended during busy periods, or closed if there is no demand or in adverse weather conditions.

Aqua Aerobics

Aqua aerobics is not only a great way to get fit but it is also one of the safest. A session with one of our friendly and experienced instructors will keep your heart and lungs healthy whilst toning the body and reducing fat, and also provides a good opportunity for splashing about in the water.

Tuesdays 11.00am



NEW Pool Prices

Adult swim	£4.30
Child swim	£3.70
Concession swim*	£3.70
Family swim	£14.10
Adult Midnight Swim	£5.70
Child Midnight Swim	£5.00
Family Midnight Swim	£17.30
Aqua Aerobics	£4.50
Inverclyde over 60's Swim	£3.20

student cards only valid during term times

Join us each year from May - September!

Pool Opening Hours

Monday, Wednesday & Friday 7.30am - 7.30pm
 Tuesday & Thursday 9.00am - 8.00pm
 Saturday & Sunday 10.00am - 4.30pm

Children under 8 years old must be accompanied by a responsible adult aged 16 years and over in the water at all times.

Pool Tel: 01475 213122

Email: lauren.deveney@inverclydeleisure.com

MON	TUE	WED	THUR	FRI	SAT	SUN
7am	Closed	Closed	Closed	Closed	Pool Closed	Pool Closed
8am	Early Birds	Pool Closed	Early Birds	Pool Closed	Early Birds	Pool Closed
9am	Quiet Zone	Quiet Zone	Quiet Zone	Quiet Zone	Quiet Zone	Masters
10am	Quiet Zone	Quiet Zone	Quiet Zone	Quiet Zone	Quiet Zone	Masters
11am		Aqua Aerobics				
12noon	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	
1pm		Swim For Fitness				
2pm	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	
3pm						
4pm	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	
5pm	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	
6pm	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	Swim For Fitness	
7pm	Adult Lessons		Adult Lessons	Sub Aqua Club		
8pm	Swim Fit	Masters	RW Kayaking Club	Masters	Pool Closed	Pool Closed
9pm	Pool Closed	Closed	Pool Closed	Closed	Pool Closed	Pool Closed

1. This programme is subject to constant review and may change without notice.
2. Lane swimming is available at all other times when no other activity is planned and the diving boards are not open.
3. Last admission 30 minutes before closing.