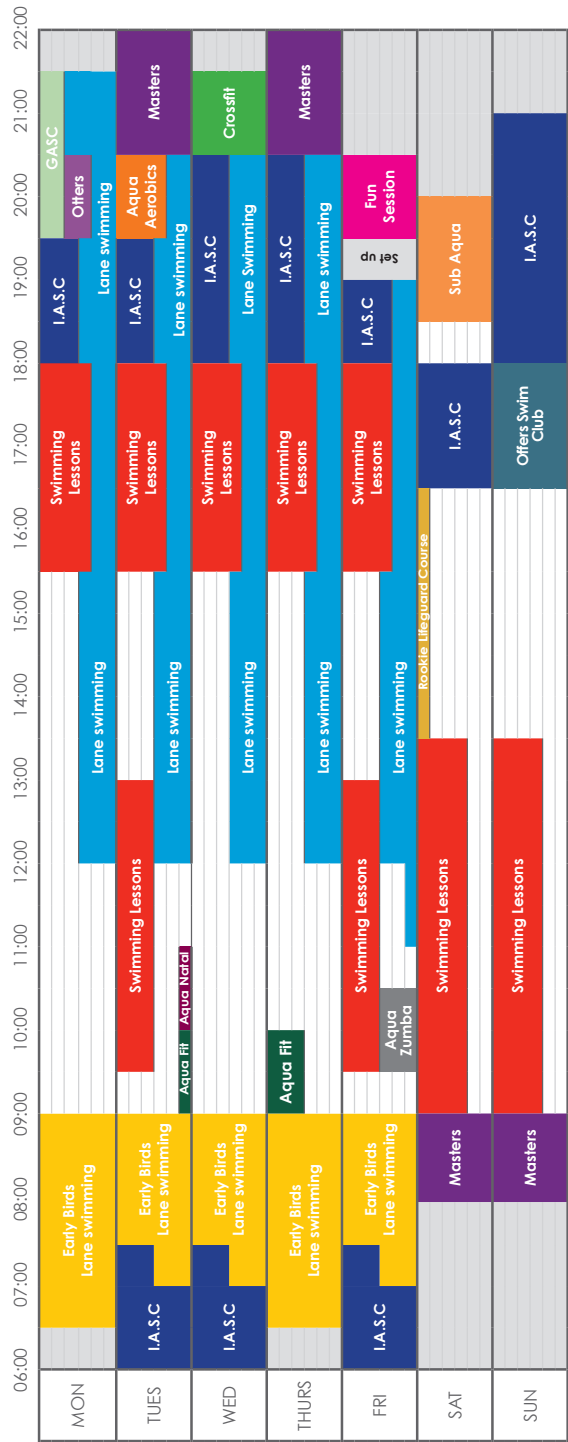


Training Pool Programme



1. There may be a delay at the start of any programmed activity as the pool floor will have to be placed in the correct position.
2. This programme is subject to constant review and may change without notice.
3. Lane swimming is available at all other times when no activity is programmed.

Ice Rink Programme

Opening Hours Out Of School Holidays - Autumn/Winter						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Curling	Curling	Curling	Curling	Public Skating (10am - 12.30pm)	Ice Skating Lessons (8am - 12.30pm)	Ice Skating Lessons (8am - 12.30pm)
ICE PREPARATION						
Curling	Curling	Curling	Curling	Public Skating (1pm - 3.15pm)	Public Skating (1-3.30pm)	Public Skating (1-3pm)
ICE PREPARATION						
Curling	Curling	Curling	Curling	Ice Skating Lessons (3.30pm - 7.00pm)	Figure Skating Club (3.45- 6.45pm)	Figure Skating Club (3.15- 7.30pm)
ICE PREPARATION						
Curling	Curling	Curling	Curling	Ice Disco (7-9pm)	Closed	Closed

Opening Hours During School Holidays including Public holidays						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Public Skating (10am- 12.30pm)	Public Skating (10am- 12.30pm)	Public Skating (10am- 12.30pm)	Public Skating (10am- 12.30pm)	Public Skating (10am- 12.30pm)	Ice Skating Lessons (8am- 12.30pm)	Ice Skating Lessons (8am- 12.30pm)
ICE PREPARATION						
Public Skating (1-3.30pm)	Public Skating (1-3.30pm)	Public Skating (1-3.30pm)	Public Skating (1-3.30pm)	Public Skating (12.30- 3.15pm)	Public Skating (1-3.30pm)	Public Skating (1-3pm)
ICE PREPARATION						
Figure Skating (3.45 to 6.30pm)	Figure Skating (3.45 to 6.30pm)	Figure Skating (3.45 to 6.30pm)	Figure Skating (3.45 to 6.30pm)	Ice Skating Lessons (3.30-7pm)	Figure Skating Club (3.45- 6.45pm)	Figure Skating (3.15-7.45)
ICE PREPARATION						
Public Skating (7-9pm)	Public Skating (7-9pm)	Public Skating (7-9pm)	Public Skating (7-9pm)	Ice Disco (7-9pm)	Closed	Closed

During public sessions, Private/Group Skating Lessons may take place.

Ice Skating Lessons

Both group and private lessons are available for children and adults of all ages and abilities. Licensed NISA coaches teach the flagship learn-to-skate programme where you'll learn the fundamental movements and basic skills. Ice skating is great fun and it's even more enjoyable when you know how! All details of course dates are available from reception and are on our website www.inverclydeleisure.com or email our Ice Skating Co-ordinator Kayleigh Munro at kayleigh.munro@inverclydeleisure.com

HII! MEET PETE AND SAMMY

YOUR ICE SKATING FRIENDS, WE'RE HERE TO:

- HELP YOU TO SKATE
- BUILD YOUR CONFIDENCE
- GIVE YOU MORE FUN ON THE ICE

YOU CAN HIRE US DURING ALL PUBLIC SKATING SESSIONS

Relax and unwind Enjoy **refresh!**
While your children swim

Prices (Sauna and Steam Room – includes free swim)

	Standard
Adult	£6.00
OAP/ Students	£4.60

Memberships available. Please contact the Waterfront Fitness Gym on **01475 213 137**
You must be 16 years and over to use sauna/steam room

Opening Hours:
Mon-Fri 10am-9pm Sat-Sun 9am-4.30pm

IL FITNESS plus+

(GYM, SWIM & FITNESS CLASSES)
Package includes **UNLIMITED** use of:

- 200 x Group X Classes
* Minimum age 14yrs For Group X Classes
- 7 x Fitness Gyms
- 1 x Free Weights gym
- 3 x Swimming Pools
- *You must be 16 years and over to use sauna/steam room

IL Fitness Plus+ Membership Packages
For more information please call
The Membership Team on **01475 213 137**
or Email: membershipenquiries@inverclydeleisure.com

GROUP FITNESS PROGRAMMES

Benefit from a wide range of fitness classes and programmes with qualified instructors. See our detailed programme at www.inverclydeleisure.com

waterfront
INVERCLYDE

Opening Times and Prices
Autumn/Winter 2016/17

inverclyde
leisure

www.inverclydeleisure.com

Inverclyde Leisure is a registered Scottish Charity No. SC 032161

Welcome

We are one of Scotland's top visitor attractions, offering a unique combination of swimming, skating, fitness and exercise of the highest quality. This leaflet gives full details of all facilities, their opening times and prices.

Children's Prices

Any child under the age of 16 years qualifies for a child's price to use the facilities. Children under 8 years must be accompanied by a responsible adult over 16 years when swimming or skating.

Booking of Facilities

Bookings may be made in person up to 7 days in advance, with payment made at the time of booking. IL fitness Plus cardholders can book up to 8 days in advance by telephone or in person, quoting their card details. On-line booking now available. Full details are available from Reception.

Flume and Tyre Ride

Included in your swim price, come and enjoy our Flume and Tyre Rides! Users must be a minimum height of 1.2 metres. When using the rides please follow the general guidelines displayed.

Monday to Friday 3.15pm - 8.15pm*
Saturday & Sunday 10.00am - 4.15pm
(*10am - 6.45pm During Inverclyde school holidays)



handcrafted hot & cold drinks
homemade food & baking
relaxed seating with booths
www.freshbistro.co.uk

OPENING HOURS

Leisure Pool

Monday - Friday	15:15 - 20:30
Saturday	10:00 - 16:30
Sunday	10:00 - 16:30

Last admissions are 30 minutes before closing time.

*Except Inverclyde school holidays when opening hours are 10.00am - 7.00pm

Training Pool

Monday	6:30 - 21:30
Thursday	6:30 - 20:30
Tuesday, Wednesday and Friday	7:00 - 20:30
Saturday and Sunday	9:00 - 16:30

NB: For details of restricted sessions refer to diagram on rear of this leaflet. Last admissions are 30 minutes before closing time.

Swimming Lessons

Our high quality lessons help you and your child progress by having FUN! We offer lessons for babies to adults, crash courses, specialist 1 - 1 sessions and children's lifesaving classes. Join our 50 weeks a year programme and enjoy the benefits of automatic re-enrolment and affordable monthly payments. Contact reception for more information.

Ice Rink

For opening hours and details for skating lessons see our Ice Rink programme.

Fitness Gym: Tel 01475 213137

Monday - Friday	6:00 - 22:00
Saturday	8:30 - 19:00
Sunday	8:30 - 18:00

For first time users of this facility please contact Gym Reception for details of initial induction classes.
Last Admission 45 minutes before close.

The early opening on Monday to Friday between 6am & 7am is for MEMBERS ONLY!

Visitor Prices

During non-school term times and public holidays, all activities are at the standard prices.

Swimming

	Standard
Adult	£4.90
Child	£3.90
OAP, UB40, Student, Adult**	£3.90

*Children under 8 must be accompanied in the water and on the ice by a responsible adult 16 years and over when swimming and skating.

FREE SWIMMING FOR INVERCLYDE CHILDREN AND RESIDENTS AGED 60 AND OVER

Skating

	Standard
Adult	£5.50
Child	£4.50
OAP, UB40, STUDENT**	£4.40
Skate Hire	£2.70

Individual Lessons

15min Lesson	£13.00
30min Lesson	£19.00

Fitness Gyms

	Standard
Adult	£6.50
OAP, UB40, STUDENT**	£5.00
1 Hr Fitness Classes	£5.50
45 Min Fitness Class	£4.60
30 Min Fitness Class	£4.00
Aqua Fit	£3.50
Aqua Aerobics	£5.50
Aqua Zumba	£5.50

Combination Tickets Standard only

Family Swim	£14.50
Additional Child	£3.90
Family Swim & Skate	£26.00 (skate hire included in price)
Additional Child	£4.50
Fitness Gym & Swim	£9.00
Family Skate	£19.00 (skate hire included in price)
Additional Child	£6.50 (skate hire included in price)
Adult	£9.00
Child	£6.90

Spectators per Adult and per Child	£2.00
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Skate hire not included

Learn to Swim at Inverclyde Leisure's Swim School

Arrange a SWIMMING ASSESSMENT today!

Join our swimming lesson membership for as little as £20 per month!

For more information contact
swimschool@inverclydeleisure.com
or call 01475 797979



Learn to Skate at Inverclyde Leisure's Skate School

Arrange a SKATING ASSESSMENT today!

Join our skating lesson membership for as little as £22 per month!

For more information please contact the skating coordinator at kayleigh.munro@inverclydeleisure.com or call 07743 183 284.

