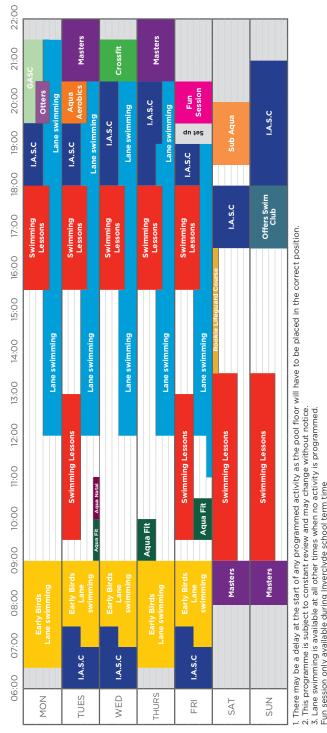
### Training Pool Programme



Ice Rink Programme

					Autumn	/ wille
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Curling	Curling	Curling	Curling	Public Skating (10am - 12.30pm)	Ice Skating Lessons (8am	Ice Skating Lessons (8am
		ICE I	PREPARA		-12.30pm)	-12.30pm)
		1021		Public	Public	
Curling	Curling	Curling	Curling	(1pm - 3.15pm)	(1pm - 3.15pm)	Public Skating (1pm - 3pm
	•	ICE I	PREPARA	ΓΙΟΝ		1
Curling	Curling	Curling	Curling	Ice Skating Lessons (3.30pm - 7pm)	Figure Skating Club (3.45pm - 6.45pm)	Figure Skating (3.15pm - 7.45pm)
		ICE I	PREPARA	ΓΙΟΝ		
Curling	Curling	Curling	Curling	Ice Disco (7pm - 9pm)	Closed	Closed
Opening Hours During School Holidays including Public Holidays						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Public	Public	Public	Public	lce	lce	lce
Skating*	Skating*	Skating*	Skating	Skating	Skating	Skating
(10am- 12.30pm)	(10am- 12.30pm)	(10am- 12.30pm)	(10am - 12.30pm)	(10am - 12.00pm)	Lessons (10am - 12.30pm)	(10am - 12.30pm)
			PREPARA			
Public Skating (1pm - 3.30pm)	Public Skating (1pm - 3.30pm)	Public Skating (1pm - 3.30pm)	Public Skating (1pm - 4pm)	Public Skating (12.30pm - 3.15pm)	Public Skating (1pm - 3.30pm)	Public Skating (1pm - 3pm
		ICE I	PREPARA	ΓΙΟΝ		
Figure Skating (3.45pm - 7pm)	Figure Skating (3.45pm - 7pm)	Figure Skating (3.45pm - 7pm)	Public Skating (4.30pm - 6.30pm)	Ice Skating Lessons (3:30m - 6.30pm)	Figure Skating Club (3.45pm - 6.45pm)	Figure Skating (3.15pm - 7.45pm)
			PREPARA			
Public Skating (7pm - 9pm)	Public Skating (7pm - 9pm)	Public Skating (7pm - 9pm)	Public Skating (7pm - 9pm)	Ice Disco (7pm - 9pm)	Closed	Closed
			roup Skating	g Lessons n	nay take pla	ace.
	<b>vating</b>		ons sons are a	available	for childı	ren and
the flags	hip learn-	to-skate	ies. Licen program	me where		
lce skatir when yo available <b>www.inv</b>	ng is grea u know h from rec <b>erclydele</b>	t fun and ow! All de eption ar <b>isure.cor</b>	nd basic I it's even etails of c nd are on <b>n</b> or emai	more enj ourse da our webs	tes are site	
Co-ordinator Kayleigh Munro at kayleigh.munro@inverclydeleisure.com						

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
dult	£6.30
AP/ Students	£4.80

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



(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** 

Say MILLINCK







**Opening Times and Prices** 

Autumn/Winter 2017/18

www.inverclydeleisure.com

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 Friday3.15pm - 8.15pm\*Saturday & Sunday10.00am - 4.15pm(\*10am - 6.45pm During Invercive 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 - 7.00pn

# **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 reenrolment 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	8:00 - 19:00
Sunday	8:00 - 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	£5.10	
Child	£4.10	
OAP, UB40, Student, Adult**	£4.10	

\*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	£5.80	
Child	£4.70	
OAP, UB40, STUDENT**	£4.60	
Skate Hire	£2.80	

### Individual Lessons

15min Lesson£13.7030min Lesson£19.90

Fitness Gyms	Standard	
Adult	£6.70	
Child	£4.80	
OAP, UB40, STUDENT**	£5.30	
1 Hr Fitness Classes	£5.80	
45 Min Fitness Class	£4.80	
30 Min Fitness Class	£4.20	
Aqua Fit	£3.70	
Aqua Fit	£5.80	

### **Combination Tickets Standard only**

Family Swim	£15.20	
Additional Child	£4.10	
Family Swim & Skate	£27.30	(skate hire included in price)
Additional Child	£6.80	
Fitness Gym & Swim	£9.40	
Fitness Gym/Health Suite	£11.80	
Family Skate	£20.00	(skate hire included in price)
Additional Child	£4.70	(skate hire included in price)
Adult Swim & Skate	£9.40	
Child Swim & Skate	£7.20	

£2.10

Spectators per Adult and per Child

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 £21 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 £23 per month!

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

