

A variety of classes are on offer at Port Glasgow Swimming Pool for individuals who are presently inactive and ready to make the first steps into a healthier, more active lifestyle.



'Inverstride' Community Walking Programme

Mondays 11:00 - 12:00

Join the group for a 60 minute, level 1, walk suitable for those of all fitness levels to enjoy. This is a fantastic way to get an aerobic workout, keeping the heart and lungs healthy and shaping up, whilst enjoying the sights of the River Clyde. Follow the paths to a healthier lifestyle!



Falls Prevention

Wednesdays 14:00 - 15:00

This chair based class programme is designed to help to increase fitness and strength, improve balance, coordination and mobility, reducing the risk of falls and fractures. Classes can be adapted to suit a wide range of abilities as the exercises are tailored to suit individual needs. Enjoy a cuppa and a chat with your friends afterwards.



Aqua-fit Class

Thursdays 12:30 - 13:30

A fantastic way to improve your heart and lung fitness whilst strengthening your muscles and toning up at the same time. In the water the body is virtually weightless, this makes movement easier for everybody. You can work at a level that suits you. The water offers resistance, which can be used to make movement easier or harder. Aquafit eases fatigue, helps relaxation and gives a good feeling at the end of the session.



Port Glasgow Swimming Pool

**Bay Street,
Port Glasgow,
PA14 5EB**

01475 213 129

portglasgowswimmingpool@inverclydeleisure.com

Memberships for PGSP available, please contact a member of the team on 01475 213 129.

For information on Inverstride, Falls Prevention and Aqua-fit
E-mail: carole.stewart@inverclyde.gov.uk

For more information on Port Glasgow Swimming Pool or any other Inverclyde Leisure facility, visit us at **www.inverclydeleisure.com**

For more information please contact the Swim School:
Email: swimschool@inverclydeleisure.com
Phone: 01475 797979



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Inverclyde Leisure is a registered Scottish Charity No. SC 032161

Port Glasgow Swimming Pool



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Welcome

Situated in Bay Street, Port Glasgow just off the main Glasgow/Greenock road and behind the Port Glasgow Library, the Port Glasgow Swimming Pool provides a bright and friendly atmosphere for both the general public and for a number of groups including various swimming clubs and a particularly strong over 50s group.

There is also a quality steam room and sauna easily accessible from the pool. Port Glasgow Swimming Pool has specially designed access for disabled groups and there is also a community meeting room for Health Initiative meetings, GP referral groups, private parties and other community activities.

It holds up to 60 people and is available for one off or regular use. Tea and coffee making facilities and audio visual equipment are all available. The community meeting room hire costs £30.00 per hour. The management and staff at this friendly community pool aim to make your visit as enjoyable and as beneficial as possible.



Health Suite Opening Hours

Monday, Wednesday, Friday	10:00 - 20:00
Tuesday	15:30 - 20:00
Thursday	12:30 - 20:00
Saturday	10:00 - 16:00
Sunday	10:30 - 14:00



Enjoy an
Aquazumba class in the pool and swim down after you exercise in our adults only class
£5.50

At this time when we all need a healthier lifestyle, meet your friends for a swim and sauna instead of going to a restaurant and treat your youngsters to a pool party or swimming lessons to help them live healthier in the future.

The swimming pool is opened to the public Monday - Sunday with Club use on Sundays. For opening times please see the programme chart in this leaflet.

ENJOY A POOL PARTY SATURDAYS 4PM - 6PM £110



Swimming Lessons £19.00 per month Direct Debit

PRICE LIST

Swimming

	Pay As You Go
Senior Citizen	£2.50
Children 5-15 yrs	£3.40
Adult	£4.00

Combined Swim and Health Suite

Adult	£5.20
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Memberships

Active swim membership	£28.00	YUF £308
PGSP swim only membership	£20.00	YUF £220

Swimming Pool Timetable

	07:30	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
MON	Public Swimming (Early Birds)						Swim Fit	Public Swimming	Public Swimming	Swimming Lessons	Adults Only				
TUES										Public Swimming	Port Glasgow Offers	Adults Only			
WED	Public Swimming (Early Birds)						Swim Fit	Adult Swimming Lessons	Public Swimming	Swimming Lessons	Adults Only				
THURS										Public Swimming	Municipal Club	Adults Only			
FRI							Swim Fit	Public Swimming	Public Swimming	Public Swimming	I.A.S.C.				
SAT								Public Swimming	Family Fun Session	Port Glasgow Offers					
SUN								Swimming Lessons	Public Swimming						

From 10am to 11am Mondays to Fridays during school holidays all children under 16 must be accompanied in the water by a responsible adult. Last admission to the public is 30mins before swimming session ends. An adult must accompany all children under 8 years of age in the water at all times. Guaranteed minimum sessions - Swimming 30mins: Health Suite 30mins. This programme is subject to review and may change to meet demands.

*Available for the general public during school holidays from 10.00am (Mon - Sat) and 10.30am (Sun) - 2.00pm (Sun)