



# PUBLIC SWIMMING TIMETABLE



### Childrens' Admissions Policy:

To swim without adult supervision children **MUST** be 8 or over **AND** be able to swim competently. Children 7 years and under **MUST BE SUPERVISED IN THE WATER BY AN ADULT** (aged 16 or over) at a maximum ratio of one adult to two children.

Each session has a designated maximum. No further admissions will be made if this number is reached.

Children 8 and over must use their own gender changing room.



The centre does not lend or supply armbands- they may be purchased from Reception



**PLEASE TURN OVER FOR MORE INFORMATION THAT WILL HELP YOU, AND EVERYONE ELSE, ENJOY THEIR SWIM!**

- 1 Block course, prior booking required
- 2 Adult/Child family groups only

Leisure Centre closed on 31<sup>st</sup> August  
Bank Holiday Monday

### MONDAY

12noon	-	12.40pm	50+ Swim
2.15pm	-	3.30pm	Public Swim
3.30pm	-	4.30pm	Family Swim
4.30pm	-	6.00pm	Public Swim
6.00pm	-	8.30pm	Swimming Club
8.30pm	-	9.45pm	Lane Swim

### TUESDAY

7.15am	-	8.30am	Adults Only Early Bird
11.50am	-	12.50pm	AquaFit
2.15pm	-	3.30pm	Public Swim
3.30pm	-	4.30pm	Family Swim
5.15pm	-	6.15pm	Funsplash (with play mats)
6.15pm	-	7.30pm	Public Swim
7.30pm	-	8.30pm	AquaFit
8.30pm	-	9.45pm	Adults Only

### WEDNESDAY

2.15pm	-	3.30pm	Public Swim
3.30pm	-	4.30pm	Family Swim
5.00pm	-	6.00pm	Public Swim
6.00pm	-	10.00pm	Swimming Club

### THURSDAY

7.15am	-	8.30am	Adults Only Early Bird
11.30am	-	12.30pm	AquaFit
12.30pm	-	1.30pm	Public Swim
2.15pm	-	3.30pm	Public Swim
3.30pm	-	4.30pm	Family Swim
5.45pm	-	7.00pm	Public Swim
7.00pm	-	8.00pm	AquaFit
8.00pm	-	8.30pm	Adult Lessons (Beg & Imp) <sup>1</sup>
8.30pm	-	9.45pm	Adults Only

### FRIDAY

12noon	-	12.40pm	50+ Swim
1.00pm	-	2.15pm	Public Swim (New)
2.15pm	-	3.30pm	Public Swim
3.30pm	-	4.30pm	Family Swim
4.45pm	-	5.45pm	Public Swim
5.45pm	-	9.30pm	Swimming Club

### SATURDAY


9.00am	-	11.30am	Junior Lessons <sup>1</sup>
12.30pm	-	2.15pm	Public Swim (New)
2.30pm	-	4.30pm	Private Party Hire

### SUNDAY

8.00am	-	10.45am	Swimming Club
10.45am	-	11.45am	Family Swim <sup>2</sup>
11.45am	-	1.00pm	Public Swim
1.00pm	-	2.00pm	Family Swim <sup>2</sup>
2.00pm	-	4.30pm	Public Swim (New)

# SUMMER ACTIVITIES 2015

**From Monday 20<sup>th</sup> July to Friday 28<sup>th</sup> August**

**WAKE AND SHAKE** 9.00am – 9.45am  **COST £2.60**


Every weekday throughout the summer holidays.  
Start the morning bright and fresh at our breakfast club, your child will be provided with a healthy breakfast comprising of fruit juice, cereal and toast.

**FOREST PLAY SESSION\*** 9.45am – 11.45am **COST £3.20**

Every weekday throughout the summer holidays for ages 5-12years  
Something for everyone! Lots of fun activities including swimming games, multi sports activities, and inflatable fun, every day is different!

**LUNCH** 11.45am – 12.30pm  **COST £1.00**

Supervised lunch session every weekday throughout the Summer Holidays  
Bring your own packed lunch


**ACTIVITY SESSION** 12.30pm – 3.30pm  **COST £8.40**

Every weekday throughout the summer holidays.  
Stimulating fun multi-sports sessions, arts and crafts, cooking, swimming and lots of new activities for 2015 there really is something for everyone.

What are you waiting for give it a go!

**Those of you on Junior Swimming Lessons Direct Debit**

Come to all the morning Play Sessions\* and any Public Swim From  
Monday 20<sup>th</sup> July to Friday 28<sup>th</sup> August  
This is included in your D/D Membership  
(normal swim session rules apply)

 **This symbol indicates pre bookable**

**SNORKELLING** 📖 8to12 yr olds Every Monday 20<sup>th</sup> July to 24<sup>th</sup> Aug  
Time 1.00pm – 2.00pm COST £4.95

New this year Come and try out these fun snorkelling sessions  
Dive for hidden treasure, and swim through the kelp field.  
Facemask`s and snorkel`s provided.

Note. Participants must be confident in the water and capable of swimming 50m or hold a minimum of stage 6

**Jake`s Master Chef (Cooking)** 📖 Time 12.45pm – 2.15pm Cost £4.75

Come and join the fun making cakes and pizza

Friday 24<sup>th</sup> July Fancy Rice Crispy Cakes

Friday 31<sup>st</sup> July Brownie in a Mug

Friday 7<sup>th</sup> Aug Pizza Making

Friday 21<sup>st</sup> Aug Cheese Cake



**Street Fit®** 📖 Thursday 6<sup>th</sup> Aug Time 1.00pm – 2.00pm Cost £2.00

Street Fit® is an explosive fitness programme designed to maximise fat burn using street dance. (11+ welcome with paying adult)

If you are 16 & over bring your friends.

**Lifesaving & Drowning Prevention** 📖 Tues 4<sup>th</sup> Aug Ages 8 to 16 yrs  
Time 1.00pm – 3.00 pm Cost £4.00

How to save a life in & around water  
Around 400 people accidentally drown in the uk every year  
**DON'T BE ONE OF THEM!!**



**First Aid and Resuscitation** Thurs 6<sup>th</sup> Aug - Age 8 to 16yrs  
Time 1.00pm – 2.15pm Cost £4.00



Have the skills to `SAVE A LIFE`  
Skills include C.P.R Choking, Bleeding & Shock  
An invaluable skill to have at any age.

**TAG RUGBY** 📖 Age 8 – 14 yrs Mon 17<sup>th</sup> Aug to Wed 19<sup>th</sup> Aug  
Time 1.00pm – 3.00pm 3 days for £20.00

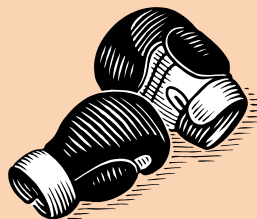
A 3 day tag rugby course with Qualified Level 1 coaches.

Could you be the next Johnny Wilkinson ?

Fun filled activities to introduce and improve your rugby skills with prizes.



# Boxerfit



*£4.00 per Session*

**Tuesday 7.30-8.30pm**

**Thursday 7.00-8.00pm**

*The Fun way to keep fit.      Equipment Provided*

Contact **Steve** for further information: 07890483117

Children over the age of Fourteen (14) can participate, but must be accompanied by an adult.

The logo for Street Fit, featuring a stylized 'SF' in blue and black, followed by the words 'STREET FIT' in a bold, blue, sans-serif font with a registered trademark symbol.

Street Fit® is an explosive adult fitness program designed to maximise fat burn whilst using Street Dance, it is guaranteed to get you fit! (11+ welcome with a paying adult)

**Classes Tuesdays:**

**The Main Place, Coleford @ 6.00pm**

**Forest Leisure, Cinderford @ 7.30pm**

For more details or to book your place, contact:

Kim Hughes

07866 104323

[k.a.hugsy@hotmail.co.uk](mailto:k.a.hugsy@hotmail.co.uk)

[www.facebook.com/streetfit.theforestofdean](http://www.facebook.com/streetfit.theforestofdean)

**Come along and try your first class for FREE!!**



## **Fitness Classes**

### **Mondays**

Spin Class\* 6.00pm - 6.45pm

### **Tuesdays**

Aqua Aerobics\* 11.50am to 12.50pm

Yoga 6.00pm - 7.00pm Starts Sept

Aqua Aerobics\* 7.30pm to 8.30pm

### **Wednesday**

Kettlebell Workout\* 7.20pm to 8.20pm

### **Thursday**

Aqua Aerobics\* 11.30am to 12.30pm

Aqua Aerobics\* 7.00pm to 8.00pm

All classes included in our Ultimate Membership.  
Prior booking at reception is essential as places are limited.

A 24 hour cancellation policy applies.

\*Bookable on-line



**Bike Check & Road Skills** 📖 ( Must be booked in advance) Age 7 to 10yrs  
Thursday 30<sup>th</sup> July 10.00am – 12.00 noon Cost £6.50

Session involves how to check your bike over then how to control your bike in a safe environment and in a fun way. A must for all cyclists, learn how to handle your bike properly and safely.

Your bike must be road worthy and have two brakes please dress appropriately and wear a helmet (this session will be held on site)

**BUSH CRAFT** 📖 Wed 26<sup>th</sup> Aug 12.45pm-2.45pm Cost £4.75

A den making session, come and join the fun making a den in the woods. The weather will not stop this activity so come prepared to get wet and muddy. (Please wear old clothes)

Ideal for ages 7 to 12 year olds



**TAE KWON DO / SELF DEFENCE** 📖 Wed 29<sup>th</sup> July & 5<sup>th</sup> Aug  
10.00am – 11.00am Cost £3.50 per session

A fun and energetic way to experience a range of martial arts moves to defend yourself if needed.

Instructed by a 1<sup>st</sup> Degree Black Belt instructor Ken Penman



**CRASH COURSE SWIMMING** 📖 Each week Day  
Mon 20<sup>th</sup> July–24<sup>th</sup> July or 3<sup>rd</sup>–7<sup>th</sup> Aug Cost £32.00

**Week 1 Class 1+3 WEEK 3 Class 2+4** 8.45am – 9.30pm

Would you like to be able to swim or do you feel you need to improve your swimming?

These structured sessions allow you to improve and learn new skills, in the safety of our pool with qualified swimming instructors.

**STROKE DEVELOPMENT** 📖 Saturdays 10.00am-10.45am  
Cost £4.00 per Session

**Breaststroke Development**

Sat 25<sup>th</sup> July & Sat 1<sup>st</sup> Aug

**Butterfly Stroke Development**

Sat 8<sup>th</sup> & 15<sup>th</sup> Aug

**Front Crawl Stroke Development**

Sat 22<sup>nd</sup> Aug

### **SUMMER SWIM SCHOOL** 📖

Class 1 & 3 Sats 11.00am – 11.30am Class 2 & 4 11.30 – 12.00 noon  
Dates 25<sup>th</sup> July 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> Aug Cost £25.80

A continuation of our regular swimming lessons for those who want to improve their swimming before school in September.

**ARTS AND CRAFT** 📖 12.45pm -2.15pm Cost £4.75

A chance for all you crafty kids to explore your creative side and to allow you to experiment with a wide range of styles, textures & colours.

Thurs 23 <sup>rd</sup> July	Bunting Making
Thurs 30 <sup>th</sup> July	Wooden Bug house
Thurs 6 <sup>th</sup> Aug	Sea life Decoration (sewing kit)
Thurs 13 <sup>th</sup> Aug	Wind chimes
Thurs 20 <sup>th</sup> Aug	Windmills & Snow Globes



**KIMS BEAUTY PARLOR** 📖 (Ages 8 to 12 yrs)  
Monday 27<sup>th</sup> July 12.45pm – 2.15pm Cost: £4.75

Come along and learn makeup techniques and treat your friends to a makeover. A girl zone with lots of makeup and beauty fun, makeup included.

**NPLQ COURSE** 📖 Mon 27<sup>th</sup> July to Fri 31<sup>st</sup> July Cost: £300.00

National pool Lifeguard Qualification (Exam Date to be arranged)  
Candidates must be 16yrs old and a good swimmer  
Please contact Forest Leisure Cinderford for further information:  
Tel 01594 824008

**FOREST END OF PLAYScheme GALA DAY** (ages 5-12yr olds)  
Fri 28<sup>th</sup> Aug 9.45am – 11.45am COST £3.20

The summer holidays are coming to an end! We hope you have spent a fun-filled, action packed and adventure-filled summer with the Forest Leisure crew, making new friends, learning new skills and trying loads of sports, games and activities. But the fun's not over yet.

Share the last day of the summer with us, and your new friends, and end the summer on a high!

A morning of Fun & Games, a free BBQ and lots of prizes to be won

**EXTRA SWIMMING EACH WEEK DAY**

Public Swim 2.15pm – 3.30pm  
Family Swim 3.30pm – 4.30pm  
Normal Evening and Weekend Timetable  
See Back Page for Pool Timetable



*Get A Kick Out Of Life!*



**Beginners always welcome**

**Tuesday 5.30 to 7.30pm , Sunday 3 to 5pm**

*Your first lesson is free!*

**Forest Leisure Cinderford.**

**Call Mr or Mrs Penman 01600-714974, Mobile 07787151284**

**or email [info@cinderfordtkd.co.uk](mailto:info@cinderfordtkd.co.uk)**

**[www.cinderfordtkd.co.uk](http://www.cinderfordtkd.co.uk)**

*Tae Kwon-Do Association of Great Britain and British Tae Kwon-Do Council registered instructors.*

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