

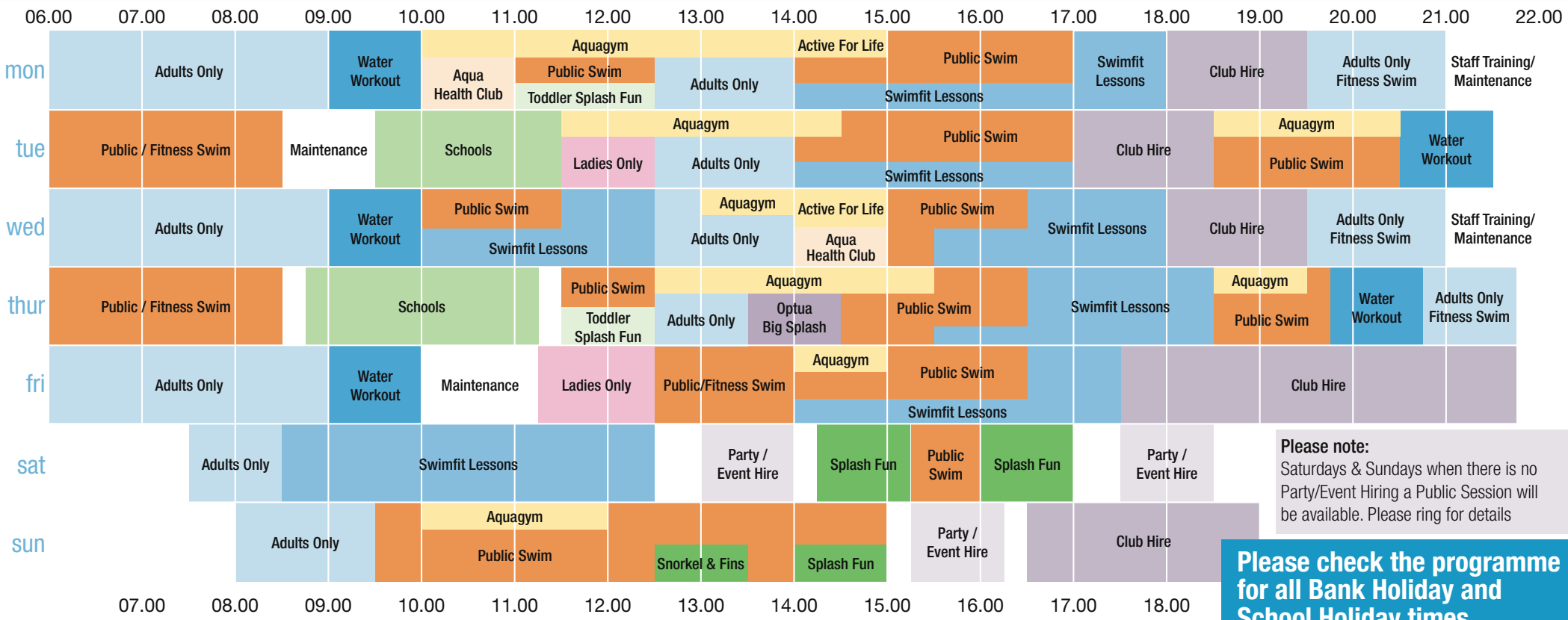
mildenhall pool:

26 April to 24 July 2011

swimming pool timetables

Spring

in Mildenhall & Newmarket



Please note:
Saturdays & Sundays when there is no Party/Event Hiring a Public Session will be available. Please ring for details

Please check the programme for all Bank Holiday and School Holiday times...

Aquagym: Uses one lane of the pool.

Fitness Swim: Means that the pool will be part laned.

Mildenhall Swimming Pool
Recreation Way, Mildenhall
Suffolk, IP28 7HG
01638 712 515
msp@angcomleisure.com
www.angcomleisure.com

Follow us on:

New!
Splash Toddler sessions
Lots of shallow end fun for the under 5's:
Monday 11.00 - 12.30 & Thursday 11.30 - 12.30
Call reception for more details

New!
Adults Only sessions
Every Thursday evening between:
20.45 - 21.45
Call reception for more details

Pool Parties!
Choice of themes, Exclusive pool use & No mess at home: It's a win win situation...
Call your local reception for details



available from
26 April to Sunday 24 July



Everything you need to know about swimming in your district during the spring period...



Working in partnership with Forest Heath District Council

newmarket main pool:

26 April to 24 July 2011

	06.00	07.00	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	22.00
mon	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Schools	Schools	Ladies Only	Adults Only	Adults Only	Schools	Public Swim	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Club Hire	Club Hire	Public / Fitness Swim	Public / Fitness Swim
tue	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Schools	Schools	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Optua Big Splash	Newmarket College	Swimfit Lessons (includes Triathlon Club training session)	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Water Workout	Staff Training	Staff Training
wed	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Schools	Schools	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Aqua Health Club	Public Swim	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Club Hire	Club Hire	Public / Fitness Swim	Public / Fitness Swim
thur	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Schools	Schools	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Public Swim	Public Swim	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Public Swim	Club Hire	Public / Fitness Swim	Public / Fitness Swim
fri	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Schools	Schools	Adults Only	Adults Only	Adults Only	Schools	Public Swim	Public Swim	Public Swim	Public Swim	Club Hire	Club Hire	Youth Night	Maintenance
sat	Public / Fitness Swim	Public / Fitness Swim	Public / Fitness Swim	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Public Swim	Splash Fun	Public Swim	Public Swim	Party / Event Hire	Party / Event Hire	Party / Event Hire	Party / Event Hire
sun	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Public Swim	Public Swim	Adults Only	Adults Only	Club Hire	Club Hire	Club Hire	Club Hire



aqua health club Slimming & Swimming



Supervised sessions at Mildenhall and Newmarket Including: Water Workout, Swim to Slim, Active for Life & Leisure swim (Charged for activity)

optua big splash

Exclusive sessions for disabled swimmers to enjoy our pool. No charge for carers Call 01638 782500 for details



newmarket teaching pool

Fitness swim: Means the pool will be part laned



	07.00	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	22.00
mon	Baby's First Swim	Splash Toddlers	Swimfit Lessons	Public Swim	Splash Toddlers	Public Swim	Public Swim	Swimfit Lessons	Swimfit Lessons	Water Workout	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym
tue	Swimfit Lessons	Active for Life (Aquagym)	Aquagym	Aquagym	Aquagym	Optua Big Splash	Public Swim	Public Swim	Public Swim	Water Workout	Aqua Health Club	Staff Training	Staff Training	Staff Training	Staff Training	Staff Training
wed	Aquagym	Splash Toddlers	Swimfit Lessons	Public Swim	Public Swim	Public Swim	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Public Swim	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym
thur	Swimfit Lessons	Swimfit Lessons	Aquagym	Active for Life (Aquagym)	Public Swim	Public Swim	Public Swim	Water Workout	Water Workout	Water Workout	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance	Maintenance
fri	Swimfit Lessons	Splash Toddlers	Water Workout	Public Swim	Public Swim	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym
sat	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Swimfit Lessons	Splash Fun	Public Swim	Public Swim	Public Swim	Party / Events	Party / Events	Party / Events	Party / Events	Party / Events	Party / Events
sun	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Public Swim	Public Swim	Public Swim	Party Hire	Party Hire	Party Hire	Party Hire	Party Hire	Party Hire	Party Hire

Please check the programme for all Bank Holiday and School Holiday times...

swimming lessons

Available for all ages and abilities at Mildenhall Pool and Newmarket Leisure Centre Just ask at our receptions Or pick up the free guide



Newmarket Leisure Centre Pool Exning Road, Newmarket Suffolk, CB8 0EA

Call us on: 01638 782 500 nlc@angcomleisure.com www.angcomleisure.com



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Details correct at the time of going to press. This programme and content is subject to change at the discretion of Anglia Community Leisure This leaflet is available in different formats and languages on request