

Primetime Programme

From **January 2010**

Exclusively for those aged 50+

| Date | Time | Activity | Price 50+ | 60+ ADV |
|-------------|--|-------------------------------------|----------------------|-----------------|
| Monday | 10.30am - 11.30am 2.00pm - 3.00pm | Gentle Aquacise Back to Exercise | £4.25 £5.10 | £3.20 £3.90 |
| Tuesday | 9.00am - 12.00noon 9.30am - 11.30am | Leisure Activities Swimming* | £4.05 £2.90 | £4.05 £2.00 |
| Wednesday | 10.30am - 11.30am | Back to Exercise | £5.10 | £3.90 |
| Thursday | 8.30am - 9.30am | Swimming* | £2.90 | £2.00 |
| Friday | 2.00pm - 3.45pm 3.00pm - 4.00pm | Leisure Activities Swimming* | £4.05 £2.90 | £4.05 £2.00 |
| Gym | | Induction Fee Casual Price | £40.00 £6.10 | £20.00 £3.90 |

Please note use of the gym is subject to a joining fee
*Available any time during public swimming times



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