

Splash!

Swimming Pool Timetables and Lesson programme



Our Facilities

With 3 swimming pools (one outdoor), diving boards and a flume, Riverside Ice and Leisure Centre has all the facilities you need. We offer a wide range of swimming lessons, public sessions, water aerobics classes, birthday parties and much more so whether you want to swim for fun or fitness, we can help you meet your needs.

Under ISRM recommendations the following adult to child ratios will be implemented at Riverside Ice and Leisure whilst using our pool facilities:

Children under 8: One adult can accompany up to 2 children providing at least one child is aged 5yrs+

Children under 5: Children must be accompanied on a one to one basis.

Please note to qualify as an 'adult' you must be at least 16 years.

Swimming Lessons

It's never too early or too late in life to learn to swim.

Our swimming programme recognises this fact, and caters for everyone; from 3 months to those over 60 (and beyond!).

We offer tuition in a fun and friendly environment through which you or your child will gain confidence in the water and in turn, develop swimming technique.

Why choose our swimming Lesson Programme?

- All courses are led by fully qualified swimming teachers.
- We supply all armbands, floats and other swimming aides required.

- Certificates and badges of achievement are available on completion of courses.
- Regular assessments mean that progression through the swimming lessons programme is at your / your child's own pace.
- We offer a varied range of courses for adults and children.

The majority of lessons run for 30 minutes, which includes the taking of registers and any pupil / teacher discussions.

Please note, as a health and safety requirement all children and adults are requested to shower before their lessons commence.

Private Lessons

Private swimming lessons are available for all ages and abilities. These sessions are ideal for those who don't feel confident in learning to swim in a group environment or require one to one tuition. Please call our Course Co-ordinator on 01245 615056 for more information.

Pool Crash Courses

Short courses are available during Essex County Council school holidays (except Christmas) for children and adults of all swimming abilities. Information regarding these is available at least one month before the Essex County Council school half term.



| Group Titles | Description | Awards | Distance Awards |
|---|---|---------------------------------------|-----------------|
| Ducklings (Adult & Child – 3 months to 3 years) | Gain confidence in the water through the use of songs and actions. | Duckling Certificate | |
| Toddlers (3 to 4 years) | Sessions for children without parental supervision, in a structured and fun environment. An additional teacher where available will be in the pool. | Toddler 1 & 2 Certificates and Badges | 5 Metres |
| Junior Lessons (5 years+) Class 1 | Suitable for children aged 5 years+ who are new to swimming or have completed Toddlers swimming lessons. | Class 1 Certificate and Badge | 5 Metres |
| Junior Lessons (5 years+) Class 2 | For children who have completed class 1 or who can swim 5 metres front and back paddle. This stage introduces backcrawl. | Class 2 Certificate and Badge | 10 Metres |
| Junior Lessons (5 years+) Class 3 | For children who have completed class 2 or who can swim 10 metres front paddle and 10 metres backcrawl. This stage introduces frontcrawl and life saving legs. | Class 3 Certificate and Badge | 20 Metres |
| Junior Lessons (5 years+) Class 4 | For children who have completed class 3 or who can swim 20 metres distance, and have a reasonable knowledge of frontcrawl, backcrawl and breaststroke, along with early practices of butterfly. Also deep water confidence. | Class 4 Certificate and Badge | 25 Metres |
| Junior Lessons (5 years+) Class 5 | For children who have completed class 4 or who can swim 25 metres with a good stroke, and have good knowledge of frontcrawl, backcrawl and breaststroke, and have a knowledge of butterfly. | Class 5 Certificate and Badge | 50 Metres |
| Junior Lessons (5 years+) Class 6 | For children who have completed class 5 or able to swim 50 metres on first stroke and 20 metres on 2 other strokes. Class 6 develops deep water confidence. | Class 6 Certificate and Badge | 100 Metres |
| Junior Lessons (5 years+) Class 7 | For children who have completed class 6 or are able to swim 100 metres on first stroke, 50 metres on second stroke and 20 metre on third stroke. Class 7 introduces under water swimming, somersaults and dives. | | 400 Metres |

| | | | |
|-------------------------|--|---|--------------|
| Water Skills 5 | For children who have passed class 7 or are capable of passing this class. This class includes lots of water skills, timed swims, starts and turns. | | 800 Metres+ |
| Water Skills 6 | Progression from Water Skills 5 | | 800 Metres+ |
| Personal Survival 1 & 2 | For children aged 7 years+ who can swim 400 metres who have passed, or are capable of passing Class 7. This class is for teaching how to save yourself if in trouble. Pupils will undertake lessons in clothing. | | 800 Metres+ |
| Diving | For children who can swim at least 200 metres and are confident in deep water. No goggles to be worn. | Diving Certificates | 400 Metres + |
| Synchronised Swimming | For children who can swim at least 200 metres and are confident in deep water. | Certificates and Badges | 400 Metres + |
| Challenge Awards | For students who have progressed through the swimming scheme or for students who are capable of performing all strokes in a co-ordinated, smooth and efficient manner. | Bronze, Silver and Gold Certificates and Badges | 800 Metres+ |
| Junior Rookie Award | For children who have gained experience in Personal Survival, and preferably achieved the Challenge Awards | Certificates and Badges | 800 Metres + |

■ ■ Course Times

Duckling Lessons (3 months to 3 years)

These are half hourly lessons during the ECC school terms:

| | |
|-----------|-------------------|
| Monday | 9.30am to 11.30am |
| Tuesday | 2pm to 3.30pm |
| Wednesday | 9.30am to 11am |
| Thursday | 2pm to 3.30pm |
| Friday | 9.30am to 11.30am |

For all Ducklings Classes, a parent or carer must accompany the child in to the water:

Toddler Lessons (3 years to 5 years)

Half hourly lessons during the ECC school terms:

| | |
|-----------|-------------------|
| Monday | 9.30am to 11.30am |
| Tuesday | 2pm to 3.30pm |
| Wednesday | 9.30am to 11am |
| Thursday | 2pm to 3.30pm |
| Friday | 9.30am to 11.30am |

Junior Lessons (5 years+)

Half hourly lessons running every 13 weeks throughout the year:

| | |
|----------|----------------|
| Saturday | 8.30am to 11am |
| Tuesday | 4pm to 5.30pm |
| Thursday | 4pm to 5.30pm |

For all Learner Pool Toddler and Junior classes, the pupils are collected from the changing rooms and taken to the Learner Pool by a Lifeguard. At the end of the lesson, pupils are returned to the changing rooms for collection. Please ensure that your child is ready 5 minutes before the lesson is due to start.

■ ■ Adult Lessons

Half hourly lessons held either Wednesday mornings at 11am or 11.30am during the ECC school term, or Thursday evenings 8.30pm or 9pm every thirteen weeks throughout the year.

Riverside Ice and Leisure caters for those who are non swimmers, to advanced swimmers.

■ ■ Lessons Waiting Lists

We have waiting lists in operation for all our lessons. Forms are available from Reception or from our website, www.chelmsford.gov.uk/riverside. We will notify you as soon as a place becomes available.

In order to obtain the maximum benefits from all the courses, we do recommend that all participants use the swimming pool at least once a week in addition to their lesson, to practice what has been taught within the lesson.

■ ■ Specialist Courses

Diving These sessions are held at the same time as Junior Swimming Lessons and run every thirteen weeks throughout the year. Each session is half hour in length

Synchronised Swimming These sessions run every thirteen weeks throughout the year on Saturday mornings at 11am, and each session is half hour in length.

Personal Survival These sessions are held on Thursday evenings, every thirteen weeks throughout the year. Each session is half hour in length

Challenge Awards These courses, made up of 13 weeks of 45 minute classes run Friday evenings between October and July.

Lifesaving Awards Junior Rookie Awards (for children who have gained experience in personal survival and preferably achieved the Challenges Awards). These courses run for 45 minutes on Friday evenings, October to July, for 13 weeks. Children progress through the R.L.S.S. awards from Rookie Bronze to Rookie Gold.

R.L.S.S. National Pool Lifeguard (16 years+)

The course runs at various times throughout the year and enables those who wish to work within a swimming pool, to gain a recognised qualification.

■ ■ STA Teaching Courses

STC (B) Swimming – Beginners (16 years+)

This course qualifies participants to teach up to 10 beginners and act as an assistant teacher under direct supervision of a suitably qualified teacher. This includes a NaRS Pool Rescue and First Aid Award. Validity of Award – 5 years.

STC (F) Teaching Swimming – Full (18 years+)

This course qualifies participants to teach without supervision, pupils of all levels. Validity of Award – 5 years.

For more information on any of the above courses please contact the Course Co-ordinator on 01245 615056 or visit our website, www.chelmsford.gov.uk/riverside.

Main Pool Programme

Pool Temperature ranges are in line with ISRM best practices: **Main Pool: 28 – 30° Celsius** **Learner Pool: 30 – 33° Celsius**

| | | | | | | | | | | |
|--------------|--|---|-------------------------------------|--|---|--|---|---|---------------------------------------|--|
| MON | 6.30am – 8am Early Birds Public Session | 8am – 2pm Public Session | | CLOSED to public from 2.00pm – 2.30pm | 2.30pm – 6pm Public Session (3pm – 4pm Over 50s lane) (3.30pm – 6pm Private Lessons) | | 6pm – 8pm Ladies Only (16 yrs+) 7.15pm – 8pm Deep Water Workout | 8pm – 10pm Chelmsford Swimming Club | | |
| TUES | 6.30am – 8am Early Birds Public Session | 8am – 2pm Public Session | | | 2.30pm – 3.55pm Public Session | 4pm – 6pm Lessons (and Diving Class) | | 6pm – 10pm Chelmsford Swimming Club | | |
| WED | 6.30am – 8am Early Birds Public Session | 8am – 2pm Public Session (11am – 12pm Adult Lessons) | | | 2.30pm – 9.30pm Public Session (3.30pm – 6pm Private Lessons) | | | 9.30pm – 10.30pm Canoe Club | | |
| THURS | 6.30am – 8am Early Birds Public Session | 8am – 2pm Public Session (12pm – 2pm Private Lessons) | | | 2.30pm – 3.55pm Public Session (Width Swimming) | 4pm – 6pm Lessons (Diving Class and Personal Survival) | | 6pm – 8.30pm Adults Only (Staff Training) | 8.30pm – 9.30pm Adult Lessons | |
| FRI | 6.30am – 8am Early Birds Public Session | 8am – 2pm Public Session | | | 2.30pm – 7pm Public Session (4pm – 7pm Junior Adv. Lessons) | | | 7pm – 8.30pm Adults Only | 8.30pm – 10pm Club Use | |
| SAT | 6.30am – 8am Early Birds Public Session | 7.30am – 8.30am Private Lessons | 12pm – 2pm Public Session | | 2.30pm – 5pm Public Session | | 5pm – 10pm Private Hire/Pool Parties | | | |
| SUN | 6.30am – 8am Early Birds Public Session | 8am – 2pm Public Session | | | 2.30pm – 5pm Public Session | 5pm to 6pm Private Hire | 6pm – 7pm Disabled Club | 7pm to 8pm Private Hire | 8pm – 9.30pm Public Session | |

Please note: Up to 3 lanes of the Main Pool may be used for school lessons between 8.30am and 12pm, and 2.30pm to 4pm during the Essex County Council School Term Time.

Learner Pool Programme

| | | | | | | | | | | |
|--------------|--|--|--|--|---|---|---------------------------------------|-------------------------------|---------------------------------------|--|
| MON | 8am – 9.30am School Use | 9.30am – 12pm Lessons | 12pm – 2pm Public Session | CLOSED to public from 2.00pm – 2.30pm | 2.30pm – 3pm School Use | 4pm – 6pm Public Session 3pm – 4pm Over 50s (3.30pm – 6pm Private Lessons) | 6pm – 7pm Water Workout | 7pm – 8pm Private Hire | 8pm – 10pm Canoeing | |
| TUES | 8am – 11am Schools Use | 11am – 12pm Aqua Gentle | 12pm – 2pm Public Session | | 2pm – 6pm Lessons | | 6pm – 8pm Chelmsford Swimming Club | | 8.15pm – 9.15pm Water Workout | |
| WED | 8am – 9.30am School Use | 9.30am – 12pm Lessons (11am – 12pm Adults) | 12pm – 2pm Public Session | | 2.30pm – 7.30pm Public Session (2.30pm – 5pm Under 5s) (3.30pm – 6pm Private Lessons) (2.30pm – 3.30pm – Musical Splash) | | | 7.30pm – 8.15pm Aqua Natal | 8.30pm – 9.30pm Water Workout | |
| THURS | 8am – 12pm School Use | | 12pm – 2pm Public Session (12pm – 2pm Private Lessons) | | 2pm – 6pm Lessons | | 6.15pm – 7pm Water Workout | 7pm – 8pm Private Hire | 8pm – 9.30pm Adult Lessons | |
| FRI | 8am – 9.30am School Use | 9.30am – 12pm Lessons | 12pm – 2pm Public Session | | 2.30pm – 3pm School Use | 3pm – 7pm Public Session (3.30pm – 6pm Private Lessons) | | 7pm – 8.30pm Adults Only | 8.30pm – 10pm Private Hire | |
| SAT | 8.30am – 12pm Lessons (7.30am – 8.30am Private Lessons) | | 12pm – 2pm Public Session | | 2.30pm – 5pm Public Session (2.30pm – 5pm Under 5s) | | 5pm – 9pm Private Hire/Pool Parties | | | |
| SUN | 8am – 2pm Public Session | | | | 2.30pm – 5pm Public Session (2.30pm – 5pm Under 5s) | 5pm to 6pm Private Hire | 6pm – 7pm Disabled Club | 7pm – 8pm Aqua Circuits | 8pm – 9.30pm Public Session | |

Outdoor Pool Programme

| | | |
|--------------|-----------------------------|--------------------------|
| MON | 8am – 6pm Public Session | 6pm – 8pm Ladies Only |
| TUES | 8am – 8pm Public Session | |
| WED | 8am – 8pm Public Session | |
| THURS | 8am – 6pm Public Session | 6pm – 8pm Adults Only |
| FRI | 8am – 7pm Public Session | 7pm – 8pm Adults Only |
| SAT | 8am – 6pm Public Session | |
| SUN | 8am – 8pm Public Session | |

Session Times

| | |
|-------------------------------------|-------------------|
| Monday to Friday | |
| Off Peak | 6.30am to 12 noon |
| Peak | 12 noon to 2pm |
| Closed to public from 2pm to 2.30pm | |
| Peak | 2.30pm to close |
| Saturday | |
| Off Peak | 6.30am to 8am |
| Peak | 12 noon to 2pm |
| Closed to public from 2pm to 2.30pm | |
| Peak | 2.30pm to close |
| Sunday | |
| Peak | 6.30am to 2pm |
| Peak | 2.30pm to close |
| Closed to public from 2pm to 2.30pm | |

Please see the pools programmes for full details of sessions.

Charges

| | |
|--|--------|
| Spectators | £1 |
| Child (Under 5 years excluding Pool Fun) | FREE |
| Junior (5 to 15 years) | £2.70 |
| Adult (16 yrs+) Peak | £4 |
| Adult (16yrs+) Off Peak | £2.80 |
| Concession* (Specific Times) | £2.70 |
| Splash! Membership – Peak | £27.50 |
| Splash! Membership – Off Peak | £20 |
| Pool Fun (School Holidays) | £3.40 |
| All day tickets only available during the summer months: | |
| Junior (5 to 15 yrs) Mon to Fri | £4.90 |
| Junior (5 to 15 yrs) Sat to Sun | £5.90 |
| Adult (16yrs+) Mon to Fri | £7.40 |
| Adult (16yrs+) Sat to Sun | £8.50 |
| Concessions are not available on all day ticket. | |
| Canoeing | |
| Monday – Junior (5 to 15yrs) | £3.50 |
| Monday – Adults (16yrs+) | £5.90 |
| Wednesday – Advanced | £5.70 |
| Lockers: The lockers take £1 coins (Refundable) | |

*Concessionary Prices

The following are eligible for a concessionary price for the swimming pools, Monday to Friday, 9am to 5pm only (last admission 4pm): (1) People aged 60 years or over (require ID with date of birth); (2) those receiving Income support (require order book or recent letter from benefits agency); (3) those receiving working tax credit (require letter or proof of allowance); (4) students in full time education (require a current NUS card); (5) those attending

training for work or a modern apprenticeship (require current letter from training provider). Persons with a disability are eligible for concessions at all times (require a Green card, letter of registration or proof of DL allowance).

Additional Information

Main Pool

Flume Operating Hours

- Wednesday 5pm to 9pm
- Saturday 12 noon to 2pm and 2.30pm to 4pm
- Sunday 10am to 12 noon and 2.30pm to 4pm

Please note that flume operating hours are subject to change.

Diving Board Operating Hours

- 1m board – Open during all public sessions
- 3m and 5m boards – Open Wednesday 6.30pm to 8.30pm, Saturday 3pm to 5pm and Sunday 9am to 11am.

Essex County Council School Holidays

- The flume will operate 10am to 12 noon and 2.30pm to 4pm, in addition to normal opening hours.
- Over 50's lane swimming and width swimming in the main pool do not run during the ECC school holidays.

Learner Pool

Under 5's During these sessions only, adults (16 years+) are permitted to accompany two children under the age of 5 years swimming as opposed to the normal swim ratios of one child per adult.

Musical Splash runs on Wednesdays from 2.30pm until 3.30pm (during ECC

term time only) and is an ideal way to introduce youngsters to the water. We have an exciting range of toys in the session including floats, squirters, woggles, and small inflatables! Children, parents and carers alike will be entertained through play and song, whilst our swimming teacher will also be on hand to answer any questions that parents or carers may have. The cost of entry to the 'Musical Splash Time' session includes public swimming up until 5pm.

Essex County Council School Holidays – Pool Fun in the Learner Pool

It's play time! Come and join in our Pool Fun sessions! See if you can make it to the end of our inflatable without falling off? Session also includes large floats and other toys. (Price for this session is applicable to all, including under 5's).

- Monday to Friday – 10.15am to 11am (children under 10 years)
- Monday to Friday (excluding Tuesdays) – 11.15am to 12 noon (all ages)

Open for Longer! During the ECC School Holidays the Learner Pool is also open to the public between 2.30pm and 4pm, Monday to Friday.

Outdoor Pool

Opening Times The outdoor pool is open during the summer months only, from 8am until 8pm (Sunday to Fri), and 8am until 6pm (Sat), weather permitting from Sunday 29 May until September. Check with Centre for exact dates.

If the Outdoor Pool closes (ie. for rain) when there is a public session you will be able to continue your swimming in the Main Pool. Unfortunately, if there is any other type of session, you will not be able to continue your swimming in the Main Pool.

All Day Tickets All Day Tickets are available; these can be purchased up to 1.30pm for use on that same day. Once you have bought a session ticket, you cannot upgrade to an all day ticket.

All day tickets include the use of all three Pools during public sessions only (excludes fun sessions in the Learner Pool). You will be asked to transfer to the Outdoor Pool, between 2pm to 2.30pm when the indoor pools are closed for cleaning. All those not with all day tickets will be asked to leave at this point.

We are unable to issue a replacement if you lose your all day band for any reason. The bands are designed for use in the swimming pools and will not come off easily.

Spectators Spectators will be charged the full admission price to the Pools complex during the Summer months whilst the outdoor pool is open.

Food All food consumed on the premises must be purchased from one of our catering facilities. We advise you not to swim for an hour after you have eaten.

No Smoking Please note that Riverside Ice and Leisure Centre operates a no smoking policy throughout. This includes the outdoor pool area.

■ ■ And we offer so much more!...

Over 60's Free Swimming

For an annual fee of just £10, residents aged over 60 who live within the Borough of Chelmsford can benefit from free swimming all year round, between 6.30am and 2pm, Monday to Friday. Ask at reception for more information or visit www.chelmsford.gov.uk/freeswimsixtyplus

Classes Our Water Aerobics classes are ideal for those of you wishing to improve your tone and level of fitness. Ideal for both swimmers and non swimmers these sessions are a great, fun way to get fit.

For more information please see our Excel class programme or visit www.chelmsford.gov.uk/riverside.

Schools and Colleges During term times, the pools at Riverside are regularly used by local schools. Telephone 01245 615069 for the reduced rate.

Swimming Clubs Riverside is the home of the Chelmsford and District Sub-Aqua Club, Chelmsford Physically Handicapped Swimmers and Chelmsford Swimming Club.

Groups Group discounts operate for groups of 12 or more. Must be booked at least 7 days in advance. Call (01245) 615057.

Spectators There are viewing facilities for both the main and learner pools, and a charge applies for all spectators visiting the centre.

Pool Parties Main Pool & Flume, Main Pool Inflatable & Learner Pool.

Children's parties are available. Contact the Activities Administrator on 01245 615057 for details (Monday to Friday 9am to 5pm) or refer to the Birthday Party Leaflet.

Commercial or Private Bookings

The Swimming pools, including the Main, Learner and Outdoor pools, are available for either commercial or private hire. Hire rates are by negotiation. Telephone 01245 615069 for more information.



Splash!

The new 'swim only' membership from Riverside Ice and Leisure Centre

Why not take the plunge and invest in one of our fantastic new membership options!

- The new **Splash** membership card is payable through monthly direct debit for a six month minimum period.
- Includes ALL public swim sessions (excludes classes, pool fun and other non public sessions).
- Includes free parking whilst using the Centre!

Choose from:

- Peak option – £27.50 per month
- Off-peak option – £20 per month



Terms and conditions apply.

For more information please call 01245 615062 or visit www.chelmsford.gov.uk/directcard

Chelmsford
BOROUGH COUNCIL



Riverside Ice and Leisure Centre

Victoria Road, Chelmsford, Essex, CMI IFG

Main Reception: 01245 615050
Textphone: 01245 615080
(Monday to Friday, 8am to 4pm)
Fax: 01245 354919
Website: www.chelmsford.gov.uk/riverside
Email: riverside@chelmsford.gov.uk

The information contained in this leaflet is available in alternative formats including; Braille, Large Print, Audiotape and other languages on request.

Please note that Riverside reserve the right to alter any details featured on this leaflet at any time without prior notification. The information on this leaflet is correct at time of print.

In order to comply with Chelmsford Borough Council's Child Protection Policy, no photography or filming is allowed within the premises.

Prices valid until 31 March 2011