

Kirkcudbright Swimming Pool

Newsletter Jan 2012

***Monday 13th Feb – Junior Lifesaving – 10.30am – 1.30pm**

Children must be 8 or over and able to swim 2 lengths of the pool. The session will include CPR (using manikins), safety skills in & out of the water, rescues and survival skills. The cost will be £5.40 which includes a snack and a water safety certificate. The session is aimed at primary level up to S2.

***Tuesday 14th Feb – Dodgeball – 11am – 12**

Children must be 8 years or over.

Wednesday 15th Feb – Funtime – 11am

*Classes will only run if sufficient numbers are achieved

* Please book for Junior Lifesaving

Gym Update

The gym is being well used and the additional equipment seems to be a welcome addition.

Monthly cards can be bought from as little as £19.90 for seniors and £29.90 for adults and these include use of the gym, pool and powerplate.

Sauna Update

Our sauna has been moved to create more space for the gym extension. It is now on poolside in the former first aid room.

For more information on sauna prices, look on our website or call us at the pool.

Academy Gym Deal

Academy pupils (over 16) can use our gym for less than half the usual price. The following rules apply.

- £2 introduction
- £1.50 per session
- £2.50 swim & gym
- No sauna or powerplate usage
- Term time and within school hours only

Pupils can use the gym after school, but full price terms apply.

Swimming Babies

Thursdays Term Time from 10am to 10.30am
Bring baby along and introduce them to the water in a fun and sociable environment.

Swimming Toddlers

Thursdays 10.30 – 11am

For children 2-3years old. Lots of singing and games to introduce toddlers to basic swimming techniques.

Sessions start on 19th Jan

No sessions on 16th Feb or 22nd March

Last session of term on 29th March

FitMAD – Mums and Daughters

Fit MAD is an activity club aimed at all S1 – S6 girls and their daughters. Here at the pool we hold an aquacise class every Wednesday at 6.45pm to 7.45pm and FitMAD participants can come along and take part for £1 each.

Go on, give it a try.

For more information on the pool and gym, please look online at our website, www.kbtpool.co.uk, call in for a timetable or phone us on 01557 – 331881.