

Deben Pool



01394 384763

kinetika Fitness Programme Sessions are only available to customers over the age of 16 years who have completed a pre-booked induction.

Adults only

Monday	7.00am - 10.00pm
Tuesday	7.00am - 10.00pm
Wednesday	7.00am - 10.00pm
Thursday	7.00am - 10.00pm
Friday	7.00am - 10.00pm
Saturday	8.00am - 8.00pm
Sunday	8.00am - 8.00pm

Junior Fitness Training*

Times and days vary, please contact reception for times and to book places.

*Supervised, structured sessions for 11 to 15 year olds who have completed a pre-booked induction to provide an introduction to fitness and exercise in a safe environment. Must be pre-booked. Book early as limited spaces available.

Authorised Induction Course

£9.90 Coastal Card Holder

£12.35 Non Card Holder

All gym users must attend this course.

Pre booking is required. Contact Reception.

*Juniors – limited supervised sessions only.

Authorised Fitness Programme

A personalised fitness programme tailored to your requirements is available.

Per person per pre-booked course.

£9.45 Coastal Card Holder,

£11.80 Non Card Holder.

Authorised User Refresher Course

£6.30 Coastal Card Holder,

£7.85 Non Card Holder.

All users wishing to renew their Authorised User Card must attend this course.

Pre-booking is required.

Authorised Gym User Prices

	Coastal Card Holder	Non Coastal Card Holder
Adult (16yrs+)		
Single gym session	£5.95	£7.45
* Child (11-15yrs)		
Single gym sessions	£5.00	£6.25
Senior Citizen (60yrs+)		
Single gym session	£5.00	£6.25
Gym & Swim	£7.10	£8.85
Gym & Sauna	£7.10	£8.85

* Limited Supervised sessions only.



Workout Classes

Workout Classes in the Pool

Gentle Water Workout

Males and females welcome

Monday 3.00pm – 4.00pm

(Suitable during pregnancy)

Coastal Card Holders £3.90

Non Coastal Card Holders £4.90

Ladies Splash Dance

Thursday 7.00pm – 8.00pm

(Not suitable during pregnancy)

Coastal Card Holders £5.20

Non Coastal Card Holders £6.50

Ladies Splash Dance & Swim

Coastal Card Holders £7.30

Non Coastal Card Holders £9.15



Sauna

Why not unwind with a session in our relaxing sauna. Costumes to be worn at all times, adults only.

Sauna Opening times

Monday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 7.00 pm
Tuesday	7.00am – 8.30pm, 11.00am – 4.00pm, 5.30pm – 10.00pm
Wednesday	7.00am – 8.30am, 12.00pm – 6.00pm, 8.00pm – 10.00pm
Thursday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 10.00pm (Ladies only 7.00pm – 9.00pm)
Friday	7.00am – 8.30am, 12.00pm – 4.00pm, 5.30pm – 7.00pm
Saturday	11.00am – 6.00pm
Sunday	8.00am – 6.00pm

(This programme changes during holiday times)

	Coastal Card Holder	Non Coastal Card Holder
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Sauna Prices

1 hour	£5.30	£6.60
1/2 hour	£2.95	£3.70
5 x 1/2 hour sauna tickets	£12.50	£15.60



Pool Timetable

Deben Pool Term Time Programme

Monday

6.00am – 7.00am	21st Century/Fitness Swimming
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Gentle Water Workout (excluding Bank Holidays)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Tuesday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
8.30am – 9.30am	Schools Use
9.30am – 11.00am	Parent & Child (6 months-preschool) Shallow End Only
11.00am – 12.00pm	50+ Swimming
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	Adult Lessons (pre booked)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Adult Lessons
8.00pm – 10.00pm	Adults Only

Wednesday

6.00am – 7.00am	21st Century/Fitness Swimming
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	50+ Swimming
4.00pm – 6.00pm	Public Swimming
5.00pm – 6.00pm	Staff Training (½ Pool)
6.00pm – 8.00pm	Club Use
8.00pm – 10.00pm	Public Swimming

Thursday

5.45am – 7.00am	Club Use
7.00am – 8.30am	Public Swimming
9.00am – 12.00pm	Schools Use
12.00pm – 3.00pm	Public Swimming
3.00pm – 4.00pm	The Big Splash (Disabled Swimming Session)
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 8.00pm	Ladies' Splash Dance
8.00pm – 9.00pm	Ladies Only
9.00pm – 10.00pm	Adults Only

Friday

6.00am – 7.00am	21st Century/Fitness Swimming
7.00am – 8.30am	Public Swimming
8.30am – 12.00pm	Schools Use
12.00pm – 4.00pm	Public Swimming
4.00pm – 5.30pm	Children's Lessons (pre booked)
5.30pm – 7.00pm	Public Swimming
7.00pm – 10.00pm	Club Use

Saturday

7.00am – 8.30am	21st Century/Fitness Swimming
8.30am – 11.00am	Children's Swimming Lessons (pre booked)
11.15am – 12.15pm	Super Splash
12.30pm – 1.30pm	50+ Swimming
1.30pm – 6.00pm	Public Swimming
6.00pm – 10.00pm	Available for hire

Sunday

8.00am – 11.15am	Public Swimming
11.15am – 12.15pm	Super Splash
12.15pm – 5.00pm	Public Swimming
5.00pm – 6.00pm	The Big Splash (Disabled Swimming Session)
6.00pm – 10.00pm	Club Use

This programme changes during school holidays, last ticket sold ½ hr before end of each session.

Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+).

A maximum of 2 children under 8 is permitted per parent/adult. Those supervising must accompany the children in the water.

This is the recommendation of the Health and Safety Executive.

See page 6 for full public swimming guidelines.

Lap lanes will be in for the duration of all public swimming sessions.

Please be aware that set up/pack away times may result in a slight delay to session start/end times.



Deben Pool Prices

SWIMMING

	Coastal Card Holder	Non Coastal Card Holder
Adult	£3.25	£4.05
Child	£2.05	£2.55
Family Swim	£8.25	£10.30
Senior Citizen	£2.05	£2.55
Disabled/Concession	£2.05	£2.55
Student (ID must be shown)	£2.05	£2.55
Afternoon Swim (term time only)	£3.00	£3.75
Shower	£1.70	£2.10
Pre-paid x 25 Adult Swims	£64.55	N/A
Pre-paid x 25 Senior Swims	£36.35	N/A
Pre-paid x 25 Junior Swims	£36.35	N/A
Super Splash Child	£3.15	£3.95
Super Splash Adult	£5.20	£6.50
Super Splash Family	£11.20	£14.00
Under 3's Swim	F.O.C.	F.O.C.

OTHER CHARGES

Spectator Charge	F.O.C	£1.00
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Super Splash

Saturday & Sunday 11.15am – 12.15pm

Inflatable fun for all the family.

Children under 8 must be supervised in the water and changing rooms by a parent or adult (18+).

A maximum of 2 children under 8 is permitted per parent/adult.

This is the recommendation of the Health and Safety Executive.



Deben Pool Activities & Sessions

Swimming Academy



We offer a great place for you or your child to learn to swim, our courses follow the ASA National Plan and we offer lessons throughout the week continuously for 50 weeks of the year from ages 5 and above. Once you or your child has developed the core range of skills required to be confident, competent and safe in the water through stages 1-7, you/they can then have a choice to take part in stages 8-10 of the ASA National Plan which includes such activities as Competitive Swimming, Water Polo, Synchronised Swimming, Diving and Rookie Lifeguarding.

For more information please contact the Swimming Lesson Co-ordinator on 01394 384763 or email on enquiries@debenpool.co.uk.

Child Lessons

Courses run Mondays, Tuesday, Thursdays and Fridays between 4.00pm – 5.30pm, and on Saturday 8.30am – 11.00am.

Adult Lessons

Courses of lessons for beginners and improvers aged 16 and above for 50 weeks of the year.

Lessons run on a Tuesday 3.00pm-4.00pm and Tuesday evenings 7.00pm – 8.00pm

One-to-One Lessons

For all lessons above please complete an application form. Details on charges are available at reception.

21st Century/Fitness Swimming

Training sessions for the serious swimmer or Triathletes with training sets of 2000 and 3000 metre swims.

Monday, Wednesday & Friday 6.00am – 7.00am
Saturday 7.00am – 8.30am

Pre-booked – contact reception for details

Monday, Wednesday & Friday
Coastal Card Holder £3.75
Non Coastal Card Holder £4.70

Saturday
Coastal Card Holder £4.20
Non Coastal Card Holder £5.25

The Big Splash (Disabled Swimming Session)

Come along and enjoy the pool with equipment and help available. Thursdays & Sundays – refer to our pool timetable for times.

Parent and Child Sessions

Tuesdays 9.30am – 11.00am (term time only)
Fun and toys to develop water confidence for pre-school children and accompanying adult (18 yrs).
Coastal Card Holder £3.95
Non Coastal Card Holder £4.95
Book at reception, spaces are limited.

Tea Dances

Enjoy an afternoon dance with a cup of tea and a biscuit. Tuesday 2.00pm – 4.00pm

Coastal Card Holder £2.80
Non Coastal Card Holder £3.50

Holiday Activities

For a copy of our holiday activity brochure, just give us a call. Our programme changes during the school holidays and includes many activities; canoe courses, crash courses and extra family fun sessions – contact reception for details and programmes each holiday.

Birthday Parties

Why not hire the pool on a Saturday evening from 6.00pm and have a pool party with our giant pool inflatable – contact reception for more details.

Clubs at Deben Pool

Deben Swimming Club

Monday	7.00pm – 10.00pm
Tuesday	5.45am – 7.00am
Wednesday	6.00pm – 8.00pm
Thursday	5.45am – 7.00am
Friday	7.00pm – 10.00pm
Sunday	6.00pm – 7.00pm 8.30pm – 10.00pm

For contact details and more information on Deben Swimming Club please visit www.debenswimmingclub.co.uk

Canoe Club

Contact: 01394 448846 – Jo
Saturday 6.00pm – 7.00pm

Please call reception to confirm times and dates.

Learn canoe skills in the safe environment of the pool. Club also meets on the River Deben on Thursdays.

Deben Lifesaving Club

Contact: 07754 666 400 – Michelle
Sunday 7.00pm – 8.30pm
(Term Time only)

Rookies 9-13 yrs

Bronze medallion 13 yrs upwards. Have fun learn new skills and qualify as a lifesaver.

