



- Safe and effective workouts with inspiring results
- Sessions at the gym or at home to suit your lifestyle
- Realistic and honest goals achieved

Tel: **01189 644865**



BRADFIELD COLLEGE SPORTS COMPLEX
BRADFIELD, READING, BERKSHIRE RG7 6BZ Telephone: 0118 9644 600

SWIMMING POOL

Term time pool availability September 2009 – June 2010



BEAUTY TREATMENTS

CLINIC TIMES AS FOLLOWS

| | | |
|-------|------------------|-----------|
| Tues | 9.00am - 4.00pm | Carole |
| Wed | 6.00pm - 9.00pm | Christine |
| Thurs | 11.00am - 5.00pm | Carole |
| Fri | 6.00pm - 9.00pm | Christine |
| Sat | 9.00am - 4.00pm | Christine |

Tel: 01189 644600

| | 6 am | 7 am | 8 am | 9 am | 10 am | 11 am | 12 am | 1 pm | 2 pm | 3 pm | |
|-------------|------|---|--------------------|------|------------------------------|-------------------------------|-------|------------------------------|-------------------------------|------|--|
| Mon | | Early Riser* 7.00 - 9.00 | | | | | | | Family Splash 12.45 - 2.00 | | |
| Tues | | Early Riser 7.00 - 9.00 | | | | | | Adults Only 12.00 - 12.45 | Adults Only 12.45 - 2.00 | | |
| Wed | | Early Riser 6.30 - 9.00 6.30 - 8.30 Jan/Feb | | | | | | | Family Splash 12.45 - 2.00 | | |
| Thur | | Early Riser* 6.30 - 9.00 | | | | | | | Adults Only 12.45 - 2.00 | | |
| Fri | | Early Riser 7.00 - 9.00 | | | Early Riser 9.00 - 10.00 | | | | Family Splash 12.45 - 2.00 | | |
| Sat | | | JSL 8.40 - 9.40 | | Family Splash 9.45 - 2.00 | | | | | | |
| Sun | | Junior Swimming Lessons 8.00 - 10.30 | | | | Family Splash 10.45 - 2.30 | | | | | |

| | 4 pm | 5 pm | 6 pm | 7 pm | 8 pm | 9 pm | 10 pm |
|--|--|------|------------------------------|------------------------------|------------------------------|-----------------------------|-------|
| | | | | | Aqua Aerobics 8.15 - 9.00 | Adults Only 9.00 - 10.00 | |
| | | | Family Splash 6.00 - 8.00 | | Adults Only 8.00 - 9.00 | | |
| | | | | | Adults Only 8.15 - 10.00 | | |
| | | | Family Splash 6.00 - 8.00 | | Adults Only 8.00 - 9.00 | | |
| | | | Family Splash 6.00 - 8.00 | | Adults Only 8.00 - 9.00 | | |
| | | | Family Splash 6.00 - 8.00 | | | | |
| | Junior Swimming Lessons 3.45 - 6.15 | | | Family Splash 6.30 - 8.00 | | Adults Only 8.00 - 9.00 | |

Key to Pool Availability

The above swimming sessions are all available to members as an inclusive part of their membership package.

Classes in *italics* are not included within membership packages and are available for enrollees only.

Specific timetables will operate throughout each of the Bradfield College holiday periods, including half term breaks.

 indicates bonus time available for duration of this timetable only.

* indicates occasional lane allocation for A Level students.



BRADFIELD COLLEGE

The ideal place to meet, train or celebrate

- Meeting facilities 8 - 800 delegates
- Historic Dining Hall seating up to 150 people
- Christmas Parties
- Idyllic wedding venue
- Banqueting for 50 - 500
- Open air Greek Theatre for 1200 people

www.bradfieldenterprises.org.uk 0118 964 4570 enterprises@bradfieldcollege.org.uk



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FITNESS GYM

Term time gym availability September 2009 - June 2010

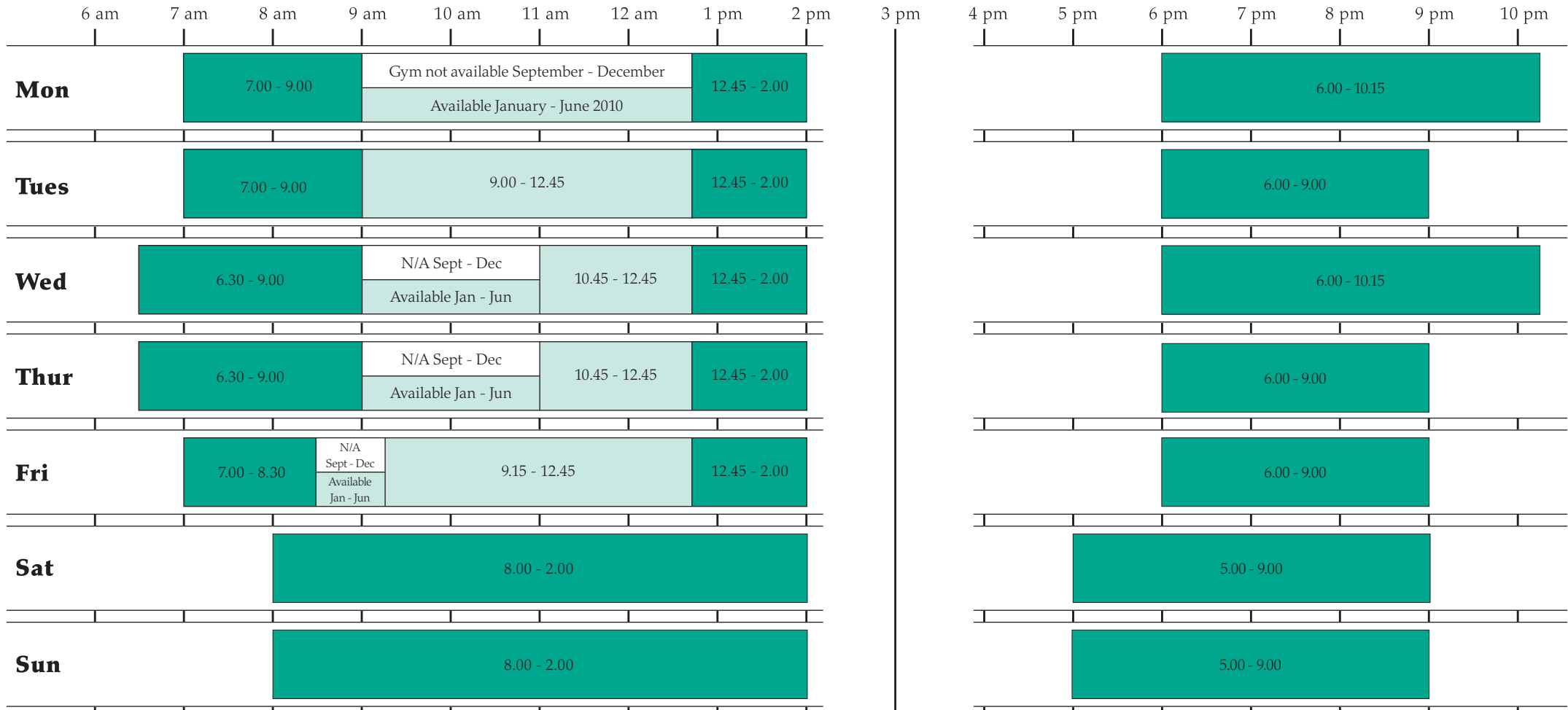


BEAUTY TREATMENTS

CLINIC TIMES AS FOLLOWS

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Key to Gym Availability

Members' Core availability

Bonus availability for duration of timetable or as specified

Not available to members

The above sessions marked as Members' Core Availability are our standard gym opening times. The Bonus Availability indicated is guaranteed from September 2009 - June 2010. Whenever possible we will endeavour to provide similar bonus sessions in future years, subject to confirmation in July. **THERE WILL BE NO CHANGING FACILITIES WITHIN THE SPORTS COMPLEX DURING THESE BONUS SESSIONS.** We will provide full availability, in accordance with our normal opening hours, throughout each of the Bradfield College holiday periods, including half term breaks.