

MEMBERSHIP PRICE LIST!

Y-ADULT £299 for the YEAR OR £33 MONTH Direct Debit
Gym, classes, swim, aqua classes, racquet sports at all FCYMCA centres.

Y-AQUA £200 for the YEAR OR £22 MONTH Direct Debit
Includes Swimfit, Aqua Aerobics, Aqua Zumba etc.

Y-AQUA KIDS £100 for the YEAR OR £15 MONTH Direct Debit
0-17 years old. Under 8yrs to be accompanied with an adult.

Y-TEEN £150 for the YEAR OR £22 MONTH Direct Debit
14-15 years old. Access to all 8 gyms, Youth classes and Swimfit and racquet sports.

Y-YOUTH £25 MONTH Direct Debit
0-17 years. Swimming, swimming lessons, Creepy Crawlies, racquet sports.

Y-FAMILY £99 MONTH Direct Debit For a maximum of 4 people in the same house.
Adults receive a Y-Adult membership. Children receive Y-Youth membership.

Y-ADULT Monthly pass £40 **Y-AQUA Monthly pass £30**
Y-TEEN Monthly pass £25

NO JOINING FEE OR CONTRACT!

If paying by direct debit, upfront payment is required upon joining.
Please call 722986 for further enquiries or to book a FREE gym induction.



The Pool is available for private childrens parties on Saturdays & Sundays at 3.30pm. Inflatable or Float parties available.

Please call the centre 01253 722986 for further information.

ST ANNES YMCA POOL & GYM

South Promenade, St Annes FY8 1SW
Tel : 01253 722986 www.ymcayactive.org

Timetable & Prices

POOL OPENING TIMES

Mon, Wed & Fri 6.30am—7.30pm (see inside for restrictions)
Tues & Thus 6:30am-7:00pm (see inside for restrictions)
Sat & Sun 8.00am—3.30pm

Pay As You Go Prices

Adult Swim £5.20	Junior Swim £3.10	Under 5s £0.60
Family Swim £10.60	Aqua Class £5.40	

GYM OPENING TIMES

Week Days 6.30am—8.30pm
Sat & Sun 8.00am—3.30pm

Pay As You Go Prices

Adult Gym £7.30	Junior * £4.50	Fitness Class £5.30
-----------------	----------------	---------------------

*Junior anytime with adult, or unaccompanied during Junior Gym sessions

Save money by taking out a Membership
see back for details.

New Kids Inflatable



St Anne's YMCA Pool & Gym

MON	6.30am - 7.30pm	Public Swim	
	9.00am - 10.00am	Swim Fit Class	Stephen
	12.30pm - 1.15pm	Aqua-bility aerobics class**	Lynda Holmes
	4.00pm - 6.30pm	Swimming Lessons (2 Lanes)	
	6.30pm - 7.30pm	Swim Club (3 Lanes)	
TUES	7.30pm - 8.30pm	Fylde Otters Club (full pool)	
	6.30am - 8.30am	Public Swim	
	8.30am - 12.15pm	School Swimming - POOL CLOSED	
	12.15am - 7.00pm	Public Swim	
	12.30pm - 1.15pm	Aqua Aerobics Class **	Leigh Hamilton
WEDS	1:30pm - 2:00pm	Swim Lesson (1 Lane & Shallow End)	
	4.00pm - 6.30pm	Swimming Lessons (2 Lanes)	
	7.00pm - 8.45pm	St. Annes Swimming Club	
	6.30am - 8.30am	Public Swim	
	8.30am - 12.15pm	School Swimming—POOL CLOSED	
THURS	12.15am - 7.30pm	Public Swim	
	12.30pm - 1.15pm	Aqua Zumba **	Suzy Clayton-Jones
	2.00pm - 3.00pm	Pre-School Lessons (1 Lane)	
	4.00pm - 6.30pm	Swimming Lessons (2 Lanes)	
	6.30pm - 7.30pm	Swim Fit Class (4 Lanes)	Stephen
FRI	6.45pm - 8.15pm	ROOKIE Lifeguard/Survive & Save	Instructor
	6.30pm - 7.30pm	Swimming Lessons (2 Lanes)	
	2.15pm - 2.45pm	Adult Swimming Lessons (1 Lane)	
	11.00am - 11.45am	Walks to Fitness FREE SESSION	Y Active Team
	12.30pm - 1.15pm	Aqua Fit aerobics class **	Leigh Hamilton
SAT	7.00am - 8.00am	Swim Fit Class	Stephen
	7.00am - 8.00am	Beachfront Bootcamp	Tom
	8.00am - 2.00pm	Public Swimming	
	9.00am - 12.00pm	Swimming Lessons (3 Lanes)	
	2.15pm - 3.15pm	Kids Fun Inflatable & Floats	
SUN	3.30pm - 5.00pm	Pool Available for Parties	Ask for info
	8.00am - 2.00pm	Public Swimming	
	2.15pm - 3.15pm	Kids Fun Inflatable & Floats	
	3.30pm - 5.00pm	Pool Available for Parties	Ask for Info
	6.30am - 8.30am	Public Swim	
WEDS	8.30am - 12.15pm	School Swimming—POOL CLOSED	
	12.15pm - 7.00pm	Public Swim	
	1.00pm - 1.30pm	Pre-School Lesson (1 Lane)	
	3.30pm - 6.30pm	Swimming Lessons (3 Lanes)	
	7.00pm - 8.45pm	St. Annes Swim Club (full pool)	

MON	6.30am - 7.30pm	Public Swim	
	9.00am - 10.00am	Swim Fit Class	Stephen
	12.30pm - 1.15pm	Aqua-bility aerobics class**	Lynda Holmes
	4.00pm - 6.30pm	Swimming Lessons (2 Lanes)	
	6.30pm - 7.30pm	Swim Club (3 Lanes)	
TUES	7.30pm - 8.30pm	Fylde Otters Club (full pool)	
	6.30am - 8.30am	Public Swim	
	8.30am - 12.15pm	School Swimming - POOL CLOSED	
	12.15am - 7.00pm	Public Swim	
	12.30pm - 1.15pm	Aqua Aerobics Class **	Leigh Hamilton
WEDS	1:30pm - 2:00pm	Swim Lesson (1 Lane & Shallow End)	
	4.00pm - 6.30pm	Swimming Lessons (2 Lanes)	
	7.00pm - 8.45pm	St. Annes Swimming Club	
	6.30am - 8.30am	Public Swim	
	8.30am - 12.15pm	School Swimming—POOL CLOSED	
THURS	12.15am - 7.30pm	Public Swim	
	12.30pm - 1.15pm	Aqua Zumba **	Suzy Clayton-Jones
	2.00pm - 3.00pm	Pre-School Lessons (1 Lane)	
	4.00pm - 6.30pm	Swimming Lessons (2 Lanes)	
	6.30pm - 7.30pm	Swim Fit Class (4 Lanes)	Stephen
FRI	6.45pm - 8.15pm	ROOKIE Lifeguard/Survive & Save	Instructor
	6.30pm - 7.30pm	Swimming Lessons (2 Lanes)	
	2.15pm - 2.45pm	Adult Swimming Lessons (1 Lane)	
	11.00am - 11.45am	Walks to Fitness FREE SESSION	Y Active Team
	12.30pm - 1.15pm	Aqua Fit aerobics class **	Leigh Hamilton
SAT	7.00am - 8.00am	Swim Fit Class	Stephen
	7.00am - 8.00am	Beachfront Bootcamp	Tom
	8.00am - 2.00pm	Public Swimming	
	9.00am - 12.00pm	Swimming Lessons (3 Lanes)	
	2.15pm - 3.15pm	Kids Fun Inflatable & Floats	
SUN	3.30pm - 5.00pm	Pool Available for Parties	Ask for info
	8.00am - 2.00pm	Public Swimming	
	2.15pm - 3.15pm	Kids Fun Inflatable & Floats	
	3.30pm - 5.00pm	Pool Available for Parties	Ask for Info
	6.30am - 8.30am	Public Swim	

ROOKIE
LIFEGUARD

Love Swimming? Aged 8-14? WE WANT YOU!

Join our Rookie Lifeguard Programme! It's a fun way to make new friends, get better at swimming & learn how to save lives.

Learn: Water & Beach safety, Lifesaving Skills & how to be a Beach & Pool Lifeguard of the future. Ask Reception for more information.

Get the most out of your swimming with SwimFit programme.

Swimfit helps motivate, challenge & support your fitness goals. Whether you are wanting to lose weight, tone, improve your technique or just become fitter our SwimFit instructors can help. Ask Reception for further details.



Our Aqua-bility, Aqua Fit & Aqua Zumba classes are suitable for all ages & abilities. Ask Reception for more info.

**Children under 8 must be accompanied by 1 adult for 2 children. Under 5's on a 1—1 basis. Non swimmers and children wearing armbands are not allowed on the inflatable .

** number of lanes available during aqua aerobics may change at our discretion due to numbers in the class