



  
Sunderland  
City Council

# Sunderland Aquatic Centre

See inside for programmes,  
prices, opening times and details  
on our full range of facilities

change  
**4** **l** **i** **f** **e**  
Eat well Move more Live longer

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## SUNDERLAND AQUATIC CENTRE

**Stadium Park,  
Sunderland SR5 1SU  
Tel: 0191 561 6161**

**Sunderland Aquatic and Wellness Centre is a great place to get fit, socialise and have fun.**

The centre has the finest swimming and diving facilities in the North East boasting the only 50m swimming pool between Leeds and Edinburgh, as well as hosting a state of the art Wellness Centre and exercise studios. The pool has something for everyone, with lanes for swimming, aquafit classes, learn to swim and diving courses for all ages and fun float

sessions. You can also achieve your health and wellbeing goals at our Wellness Centre and through our extensive range of exercise classes.

The centre is as much about having fun as keeping fit and at Sunderland Aquatic Centre adults, children and young people can be fully entertained. The centre also caters for a range of birthday parties and offers two free spaces with every 10 booked. Book a swim, dive or dance mat party or combine them for hours of fun. A party room is available for exclusive use, whatever the occasion.

# POOL OPENING TIMES AND PROGRAMME



## MONDAY

Recreational and lane swimming	7am to 4pm & 6.30pm to 8pm
AquaFit	9.30am to 10.20am
Public diving	12noon to 1pm
Mums in the pool	1.30pm to 2.15pm
Fun and float session	6.30pm to 8pm

## TUESDAY

Recreational and lane swimming	7am to 8pm
AquaFit	10am to 10.50am
Toddler Tots	2pm to 3pm
Fun and float session	5.30pm to 7pm
AquaFit	6.45pm to 7.35pm

## WEDNESDAY

Recreational and lane swimming*	8am to 2pm
Recreational and lane swimming**	2pm to 8pm
Fun and float session	5.30pm to 7pm
AquaFit	8pm to 8.50pm

## THURSDAY

Recreational and lane swimming	8am to 4pm & 6.30pm to 8pm
Public diving	12noon to 1pm
AquaFit	2pm to 2.50pm
AquaFit	6.45pm to 7.35pm

## FRIDAY

Recreational and lane swimming	7am to 8pm
AquaFit	11.30am to 12.20pm
AquaFit	6.30pm to 7.20pm

## SATURDAY

Recreational and lane swimming**	10.30am to 7pm
Public diving	12.30pm to 1.30pm
Fun and float session	12noon to 5pm

## SUNDAY

AquaFit	8am to 8.50am
Recreational and lane swimming	8.30am to 7pm
Fun and float session	12noon to 5pm
Toddler Tots	2pm to 3pm
AquaFit	6pm to 6.50pm

\* Lane swimming at 50 metres only. (10 lanes)

\*\* Lane swimming at 50 metres only. (5 lanes)

Young people 16 years of age and under can also attend family swim sessions when accompanied by an adult.

## SWIMMING POOL SAFETY POLICY

Please note our swimming pool admission policy:

### Main Pool

- One adult may supervise one child aged under 4
- One adult may supervise two children aged between 4 and 7
- One adult may supervise two children aged under 8 where one may be under 4 provided one or both children hold the ASA/ISRM Pool Swimming Standard Award

### Diving Boards

- Public diving is available from 8 years plus except on a Saturday (6 years plus). Coached diving is available from 6 years plus. In addition to the age restrictions all users must be confident in deep water and able to swim 25 metres.

Please note - a £1 coin is required to operate the lockers (returnable). Correct swimwear is to be worn at all times (contact a member of the management team for details).

# LEARN TO SWIM

**Sunderland is committed to teaching the people in the area to swim in line with the ASA National Plan for Teaching Swimming (NPTS).**

The national syllabus provides a clear pathway for your child to progress and become increasingly competent, confident and safe in the water.

## DUCKLINGS

Introduce your young children into a safe and fun water environment (6 months to 4 years of age). All children must be accompanied on a one-to-one basis in the water by an adult. Our Duckling classes introduce your child to the water through song and play activities, helping them to gain confidence and giving them a strong basis for learning to swim in the future.

## PUFFINS

Our Puffin classes are designed for 4 to 5 year olds and to help them gain further water confidence, using a variety of toys and equipment. Children are accompanied into the water by a qualified teacher with another on poolside working together to create a safe and fun atmosphere which encourages them to develop further, ready for our ASA stage one classes.

## ADULT BEGINNERS AND IMPROVERS

Whether you are a complete beginner or someone wishing to improve their swimming technique, we can offer lessons in a friendly and supportive environment to meet your individual needs.

## The ASA National Teaching Plan Awards

### STAGE 1

Developing basic safety awareness, the 'class' includes basic movement skills and water confidence skills. Swimmers may use aids such as arm bands and floats.

### STAGE 2

Developing safe entry into the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions. Swimmers may use aids such as arm bands and floats.

### STAGE 3

Developing safe entry including submersion, travel up to 10 metres on the front and back, progress rotation skills and water safety knowledge.

### STAGE 4

Developing the understanding of buoyancy through a range of skills, refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the ASA.

### STAGE 5

Developing 'watermanship' through sculling and water treading skills, and complete rotation. Performing all strokes to the given standard as directed by the ASA.

### STAGE 6

Developing effective swimming skills including coordinated breathing; developing water safety aspects and understanding of preparation for exercise.

### STAGE 7

Developing quality stroke technique up to 100 metres, incorporating skills learnt, combining them to develop a linked routine and successfully complete an obstacle course that combines a variety of skills accomplished throughout stages 1-7.

Once the swimmer has developed the core range of skills required to be confident, competent and safe in water through stages 1-7, they may then choose to take part in different aquatic disciplines. Fundamental sports skills, stages 8-10 of the national plan for teaching are available in competitive swimming and diving.

# LEARN TO SWIM COURSES

## MONDAY

Stages 1/2/7	4pm to 4.30pm
Stages 2/3/4/5	4.30pm to 5pm
Stage 8	4.30pm to 5.30pm
Stages 3/4/5	5pm to 5.30pm
Stages 2/4/5	5.30pm to 6pm
Stage 9	5.30pm to 6.30pm
Stages 2/3/4	6pm to 6.30pm
Adult Beginners	6pm to 6.45pm
Stage 3/6	6.30pm to 7pm
Adult Improver	7pm to 7.45pm
Teen swim	7pm to 7.45pm

## TUESDAY

Ducklings	10am to 10.30am
Ducklings	10.30am to 11am
Ducklings	1.30pm to 2pm

## WEDNESDAY

Ducklings	10am to 10.30am
Ducklings	10.30am to 11am
Ducklings	11am to 11.30am
Ducklings	1.30pm to 2pm
Ducklings	2pm to 2.30pm
Ducklings	2.30pm to 3pm

## THURSDAY

Adult Improver	10.15am to 11am
Adult Beginner	1.30pm to 2.15pm
Adult Improver	2.15pm to 3pm
Stages 2/6 & Puffin	4pm to 4.30pm
Stages 2/3/6	4.30pm to 5pm
Stage 8	4.30pm to 5.30pm
Stages 1/2/4/5	5pm to 5.30pm
Stages 3/5/6	5.30pm to 6pm
Stage 9	5.30pm to 6.30pm
Stages 4/5/6	6pm to 6.30pm

## FRIDAY

Ducklings	1.30pm to 2pm
Ducklings	2pm to 2.30pm
Ducklings	2.30pm to 3pm
Puffin	4pm to 4.30pm
Stages 5/6	4.30pm to 5pm
Stages 5/7	5pm to 5.30pm
Stages 3/6	5.30pm to 6pm
Stages 4/7	6pm to 6.30pm

## SUNDAY

Stage 7	8.30am to 9am
Stages 2/6/7	9am to 9.30am
Stages 2/3/5/6	9.30am to 10am
Stage 8	9.30am to 10.30am
Stages 1/4/5	10am to 10.30am
Stage 10	10am to 11am
Stages 1/2 & Puffin	10.30am to 11am
Stage 9	10.30am to 11.30am
Stages 2/3/6	11am to 11.30am
Stages 1/4/5 & Puffin	11.30am to 12noon
Stages 1/3/4 & Puffin	12noon to 12.30pm
Stages 3/5	12.30pm to 1pm

For stages 1-5 the pool will usually be at 1 metre.

For stage 6 the class will usually use 1 metre and 2 metre depths.

For stages 7-9 the pool will usually be at 2 metres.



## DIVING

Learn to dive at Sunderland Aquatic Centre in our spectacular diving pool with one and three metre spring boards and one, three and five metre platform boards. Test your skills and have fun learning to dive. Children aged 6 years and over can enrol on the learn to dive programme but must be confident in deep water and able to swim 25 metres.

Beginners will progress through NPTS 'Flip and Fun' awards, then begin to learn to dive through the 'ASA Diving Award Scheme' using the springboards and platforms. The new badge scheme has been devised in order to assist users to develop the necessary skills to be part of our brand new training scheme.

## LEARN TO DIVE COURSES

### TUESDAY

Beginners	NPTS Stage 8, 9 & 10 Diving	4.30pm to 5pm
Improvers	ASA Diving Awards 1 to 3	5pm to 5.45pm
Improvers	ASA Diving Awards 1 to 3	5.45pm to 6.30pm

### THURSDAY

Beginners	NPTS Stage 8, 9 & 10 Diving	5pm to 5.30pm
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### FRIDAY

Beginners	NPTS Stage 8, 9 & 10 Diving	4pm to 4.30pm
Improvers	ASA Diving Awards 1 to 3	4.30pm to 5.15pm
Improvers	ASA Diving Awards 1 to 3	5.15pm to 6pm

### SATURDAY

Beginners	NPTS Stage 8, 9 & 10 Diving	9.45am to 10.15am
Improvers	ASA Diving Awards 1 to 3	10.15am to 11am
Beginners	NPTS Stage 8, 9 & 10 Diving	11am to 11.30am
Improvers	ASA Diving Awards 1 to 3	11.30am to 12.15pm
Adults 16+	Recreational Adult Learn to Dive	5.30pm to 6.15pm
Adults 16+	Recreational Adult Learn to Dive	6.15pm to 7.00pm

## PUBLIC DIVING

The platform diving boards are open for public use at the following times with the price included in the swim admission fee. On Mondays and Thursdays all public diving sessions are available to users 8 years and above.

Saturday's session is available to users 6 years and above and is supervised by a qualified coach and also includes the use of the springboards.

All diving board users must be confident in deep water and able to swim 25 metres.

<b>Mondays</b>	12noon to 1pm
<b>Thursdays</b>	12noon to 1pm
<b>Saturdays</b>	12.30pm to 1.30pm (Supervised by qualified coach)



# WELLNESS CENTRE

Our wellness centre offers an ideal mix of easy to use, state of the art Technogym cardio vascular and resistance equipment including treadmills, cross trainers and cycles, as well as having an excellent free weights area. The relaxed atmosphere makes our centre suitable for all ages and abilities from 11 years upwards.

## Features include:

- **Fully qualified, professional and friendly staff**
- **Comprehensive and informative induction programme**
- **Regular wellness programme checks**
- **Integrated entertainment system on all of our cardio vascular equipment**
- **Exercise Referral / Wellness support schemes**
- **Large free weights section** (featuring Technogym's "Powersport Line")
- **Flexibility Machines**
- **Cardio Cycling Zone**
- **Kinesis Zone** (Using free and natural movements to improve balance, flexibility and strength that can assist with weight loss)

Please note - a £1 coin is required to operate the lockers (returnable). Customers are requested to bring a water bottle and workout towel with them for each session. Correct gym clothing is to be worn at all times (contact a member of the management team for details).

## OPENING TIMES

Monday to Friday 6am to 9pm  
Saturday to Sunday 7am to 8pm



## WELLNESS EXERCISE CLASSES

You can also take part in a wide variety of Wellness exercise classes in one of our purpose built areas which are suitable for all levels of fitness and ability.

**For further information and a full programme of our current classes log onto**

**[www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure)  
telephone 0191 561 6161**

**or simply call into main reception today to pick up your exercise class leaflet**

Pre-booking of all exercise classes is recommended and can be done over the telephone or in person with a valid Life Card or membership package.





# CHILDREN'S BIRTHDAY PARTIES

**Treat your child to a birthday party with a difference at one of Sunderland's leisure centres. We offer a great mix of parties for all ages including:-**

- Trampoline parties
- Pool/swim/dive parties
- Dance mat/disco parties
- Ski/snowboard parties
- Snow Tube Parties
- Short tennis/junior tennis parties
- Bouncy castle parties
- Five-a-side parties
- Netball parties
- Badminton parties
- Basketball parties
- Soft play parties



**For more details of which parties are available in each leisure centre, please visit [www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure) or call one of our centres across the city.**

# PRICES & OPENING TIMES

## POOL

	Non Mem	Adult Non Con	Con	Young Person Non Con	Con
Adult swim	£3.80	£3.30	£2.10	-	-
Young person's swim (17yrs and under)	£3.70	-	-	£2.95	£2.10
Family swim (family of 4)	£12.80	£11.20	£8	-	-
Each additional swim (under 3's free)	£1.45	£1.30	£0.95	£1.30	£0.95

## COACHING COURSES/CLASSES

Learn to swim (30 mins)*	£4.60	-	-	£3.60	£2.80
Learn to swim (45 mins)*	£5.20	£4.55	£3.50	£4.05	£3
Diving (30 mins)	£4.60	-	-	£3.60	£2.85
Diving (45 mins)	£5.20	£4.55	£3.55	£4.05	£3.05
Aquafit	£5.05	£4.60	£3.30	£4.05	£2.75

\* Prices from 1 April 2012

## PRIVATE TUITION

Private swimming lesson	£16.50	£16	£14.50	£16	£14.50
Extra person	£3.90	£3.50	£2.20	£3.15	£2.20

## WELLNESS CENTRE

Wellness Centre casual	£5.05	£4.60	£3.30	£4.05	£2.75
Wellness Exercise classes (50 mins) casual	£4.60	£4.15	£3	£3.70	£2.55
(30 mins) casual	£2.30	£2.10	£1.50	£1.85	£1.30
Healthy Pathway Programmes	£3.15	£2.85	£2.05	£2.55	£1.75

## CHILDREN'S BIRTHDAY PARTIES

Swim party	£3 per child
Exclusive use	£115
Fun and floats party (8-14 years)	£2.90 per child
Dance mat party (5 years +)	£2.95 per child
Party room	£32

## MISCELLANEOUS

Spectator fee (non-member)	£0.80
Room hire	£12 - £32
Conference facilities	£17 - £47
TGS Wellness key:	
Non-concession	£14.75
Concession	£8.60
Personal trainer (anytime)	£5.05

## OPENING TIMES

### POOL OPENING TIMES

Monday	7am to 4pm 6.30pm to 8pm
Tuesday	7am to 8pm
Wednesday	8am to 8pm
Thursday	8am to 4pm 6.30pm to 8pm
Friday	7am to 8pm
Saturday	10.30am to 7pm
Sunday	8.30am to 7pm

### WELLNESS CENTRE

Monday to Friday	6am to 9pm
Saturday to Sunday	7am to 8pm

# APPLY FOR YOUR LIFE CARD TODAY...

The Life Card is a membership scheme for sport and leisure in Sunderland available to adults and young people living, working and studying in Sunderland which offers discounts and promotions.

## HOW DO I APPLY?

To receive your Life Card simply complete an application form and return to your nearest leisure centre.

To receive concessionary prices, please bring proof of entitlement. For details on concessions please see the application form overleaf.

## HOW WILL I BENEFIT?

As a Life Card holder you will receive discounts on a range of activities, courses and classes and can take up special promotions throughout Sunderland's Leisure Centres and Wellness Centres. Your card gives you access to free spectating at any of the leisure centres and can be used as a deposit for equipment hire. It also enables you to pre-book classes.



## HOW MUCH WILL IT COST?

**The card is free to all young people up to their 18th birthday living in Sunderland.**

- £2.25 for Non-resident Young Person concession
- £4.30 for Non-resident Young Person non-concession
- £2.25 for Resident Adult concession
- £8.60 for Resident Adult non-concession
- £8.60 for Non-resident Adult concession
- £12.70 for Non-resident Adult non-concession

## MEMBERSHIP PACKAGES

In addition there are a mix of Wellness Centre, Wellness exercise class and swimming packages available. You can choose to include one, two or all three activities in your membership package - all for an affordable monthly fee. Young people over the age of 11 can access Wellness Centres without their parents also being members. They will have access to the facilities from 4pm onwards Monday to Friday and all day Saturday and Sunday with special availability during school holidays. Appropriate training programmes will be tailored to individuals by a fully qualified Wellness instructor.

**For further information please log onto [www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure) or call one of the participating centres.**

PRICE PER MONTH			
Adult non concession	Adult concession	Young Person non concession	Young Person concession
Package one – includes one activity Wellness Centre or wellness exercise classes or swim			
£31	£16.45	£15.50	£13.35
Package two – includes any combination of two activities Wellness Centre, wellness exercise classes or swim			
N/A	£18.25	£17.50	£14.75
Package three – includes all three activities Wellness Centre, wellness exercise classes & swim			
£35	£19.99	£19.50	£16.15
First month initial payment for Wellness check and key			
£30.25	£16.60	£16.60	£16.60

A pro rata fee is applicable for the first payment, which takes you up to the first direct debit collection.

# DIRECTIONS

## Sunderland Aquatic Centre Stadium Park, Sunderland SR5 1SU Tel: 0191 561 6161

Sunderland Aquatic Centre is easy to find to the north of the city centre and can be accessed from the A19 (north and south) by taking the A1231 (Sunderland North) turn off. After four roundabouts keep to the left hand lane and follow the signs for the Stadium of Light. Continue on this road and you will see the Aquatic Centre on your right.

### By public transport:

The centre is easily accessible via a short walk from the nearest Metro stations (St Peter's and Stadium of Light) which connects to Newcastle train station and the full rail network. The centre is also accessible via bus from Southwick Road bus stop (7 minute walk) and the Wheatsheaf bus stop (5 minutes walk). For further information log onto [www.nexus.org](http://www.nexus.org) or call Traveline: 0871 200 22 33



### Parking:

Free car parking is available in the blue car park at the Stadium of Light except on Match Days / Special Events when public transport is recommended. A limited number of disabled spaces are available to the front of the main buildings.

### Park and ride:

Sunderland AFC operates a park and ride scheme on match days which is free to both home and away supporters. The scheme runs from the Sunderland Enterprise Park on Wessington Way (A1231) which is easily accessible from the A19 and is clearly signposted 'Park and Ride'.



[www.sunderland.gov.uk/leisure](http://www.sunderland.gov.uk/leisure)

If you require a copy of this leaflet in large text, Braille, audio format or an alternative language, please telephone 0191 520 5505 or email: [communications@sunderland.gov.uk](mailto:communications@sunderland.gov.uk) for help.

All information correct at time of going to press. Published March 2012. As part of Sunderland's commitment to creating a balanced and sustainable future, this leaflet is printed on 75% post-consumer waste recycled paper. When you have finished with it, please recycle in your kerb-it box.