

# AT SUMMER KINGS



A GUIDE TO SUMMER AT KINGS



## JUNIOR START DATES

ALL JUNIOR ACTIVITIES RETURN FROM MONDAY 4TH SEPTEMBER 2023

SWIM ACADEMY (STAGES 1 - 10/ ROOKIE) CONTINUES THROUGH THE SUMMER HOLIDAYS.



## SUMMER TENNIS SPECIAL

**Members - Free**  
**Non Members - £3.50**  
Located on the Astro  
**Book online or at Reception**  
(01934) 744939 - Option 2

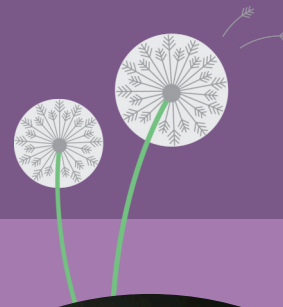
\*Customers will need to bring own racquets and balls

\*Please check in at Reception before your booking.



# Beauty By Kimberly

at Kings Fitness & Leisure



Beauty By Kimberly is dedicated to providing you with the ultimate pamper experience. Our highly trained therapists use only the best products and techniques to ensure that you receive the highest quality services.

### Our services include:

- Facials
- Massage
- Waxing and tinting
- Manicures and Pedicures
- Gel Manicures and Pedicures
- Make-up

☎ 07748 668 091 ✉ Kim@beauty-by-kimberly.co.uk



## NATIONAL POOL LIFEGUARD QUALIFICATION

COURSE DATES: MONDAY 24TH - SATURDAY 29TH JULY 2023

AGE 16+ YEARS

£250.00

CONTACT RECEPTION FOR MORE DETAILS AND TO BOOK



## KIDS CLUB AT KINGS

### KIDS HOLIDAY CLUB

STARTING THURSDAY 20TH JULY AND FINISHING FRIDAY 25TH AUGUST - 9.00AM - 4.00PM.

£25 PER DAY (£4.00 PER SESSION FOR EARLY DROP OFF AND LATE PICK UP)



Relax after your workout or catch up with friends in our Coffee Shop.

Opening Times: Mon-Fri 9am-7pm, Sat 8am-3pm, Sun 9:30am - 2:30pm

- ☕ Freshly prepared coffee
- ☕ Lattitude Larder
- ☕ Speciality teas
- ☕ We sell Free Range Eggs
- ☕ Little Nipper Meal Deals
- ☕ Eat in or Takeaway
- ☕ Cakes Made to Order
- ☕ Birthday Parties
- ☕ Home-made Cakes & Savouries

Allergies & Intolerances

Please speak to a staff member about the ingredients in your meal

Lattitudecoffeeshop@gmail.com



# POOL TIMETABLE

## KEY INFORMATION

### PLEASE NOTE:

The information on this timetable is correct at the time of publication, but may be subject to change at any time.

Changes will be displayed at Reception and on our Website

\* Requires advance booking for each individual attending the session

^ 15 minutes at the start of the sessions are for Competency Tests & Rules (sessions are 45 minutes)

Please see Kings Fitness Website for Swim England guidance relating to Frequently Asked Questions regarding Skin Conditions and Swimming participation



25m Pool



Limited Free Parking



Showers & Changing Room



Disabled/Pool Hoist



Steam Room



Restrooms



Free Wifi



Sauna



No Footwear in Changing Room

General Swim / Lane Swim
Swim Academy / Kingfishers
Private Hire
Aqua Fit Class
Family Fun (Floor Depth 0.81)
Inflatable Fun
NPLQ Course (National Pool Lifeguard Qualification)
Water Conditioning (Back2Health Class)

### Pool Ratios are as follows:

0 - 2 yrs = 1 Adult to 1 Child  
 3 - 4 yrs = 1 Adult to 2 Children  
 5 - 7 yrs = 1 Adult to 3 Children  
 8yrs+ and competent = Swim Alone  
 Adult = 16+ yrs

### INFLATABLE FUN INFORMATION

The LAST SUNDAY of every month will be for Public Inflatable use only.

Inflatable Fun requires advance booking for each individual attending the session (members can book online/non members must call Reception 01934 744939 (option 2)).

• 15 minutes at the start of the sessions are for Competency Tests and Rules (sessions are 45 minutes). Participants MUST be competent swimmers (can swim 25m unaided).

• Participants MUST be competent swimmers (can swim 25m unaided)

• Children who do not meet the requirements may play in the Shallow End of the pool.

• Responsible Adults are allowed on the inflatable.

• Under 8's must be a Competent swimmer and have an adult with them.

### FROM MONDAY 24TH - SUNDAY 30TH JULY 2023

	MONDAY 06:00 - 22:00	TUESDAY 06:00 - 22:00	WEDNESDAY 06:00 - 22:00	THURSDAY 06:00 - 22:00	FRIDAY 06:00 - 22:00	SATURDAY 08:00 - 18:00	SUNDAY 08:00 - 18:00
06:00	Kingfishers Swim Club 06:00 - 07:15	Kingfishers Swim Club 06:00 - 07:15	Kingfishers Swim Club 06:00 - 07:15	Lane Swim 06:00 - 08:50	Lane Swim 06:00 - 09:45		
06:30	Lane Swim 06:30 - 10:00	Lane Swim 06:30 - 09:45	Lane Swim 06:00 - 08:50	Lane Swim 06:00 - 08:50	Lane Swim 06:00 - 09:45		Lane Swim 08:00 - 09:15
07:00	Pre-schl (floor depth 0.81) 09:00 - 10:30		Aqua Fit 09:00 - 09:45	Aqua Fit 09:00 - 09:45			
07:30	Family Fun* 10:15 - 11:00	Family Fun* 10:00 - 10:55	Family Fun* 10:00 - 10:55	Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00	Swim Academy 08:00 - 12:45	Family Fun* 10:00 - 10:55
08:00	Kids Club Hire 11:00 - 11:55	Kids Club Hire 11:00 - 11:55	Kids Club Hire 11:00 - 11:55	Kids Club Hire 11:00 - 11:55	Inflatable Set Down		Family Fun* 11:00 - 11:55
08:30	General Swim 12:00 - 13:50	General Swim/Lane Swim 12:00 - 14:00	General Swim/Lane Swim 12:00 - 14:00	General Swim/Lane Swim 12:00 - 14:00	General Swim/Lane Swim 11:30 - 14:50	Depth 0.81m 11:45 - 13:30	General Swim/Lane Swim 12:00 - 13:45
09:00	Water Conditioning 14:00 - 15:00	General Swim/Lane Swim 12:00 - 15:50	General Swim/Lane Swim 12:00 - 14:00	General Swim/Lane Swim 12:00 - 14:00	General Swim/Lane Swim 11:30 - 14:50		Inflatable Fun** 14:00 - 15:00
09:30	Adults Only Swim 15:00 - 15:50	Depth 0.81m 12:00 - 15:50	Private Hire 14:00 - 15:00	General Swim/Lane Swim 12:00 - 15:50	Kids Club Hire 15:00 - 15:50	Inflatable Fun** 15:00 - 16:00	Inflatable Set Down 14:00 - 15:00
10:00	Swim Academy 16:00 - 19:00	Swim Academy 15:30 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05	Inflatable Set Down	Lane Swim 15:30 - 17:00
10:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		Lane Swim 16:30 - 18:00
11:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		Kingfishers Swim Club 16:00 - 18:00
11:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
12:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
12:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
13:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
13:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
14:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
14:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
15:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
15:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
16:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
16:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
17:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
17:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
18:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
18:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
19:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
20:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
20:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
21:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
21:30	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		
22:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30	Kingfishers Swim Club 06:00 - 07:15		Kingfishers Swim Club 06:00 - 07:15				
07:00							
07:30							
08:00	Lane Swim 06:00 - 10:00	Lane Swim 06:00 - 09:50	Lane Swim 06:00 - 09:45	Lane Swim 06:00 - 08:50	Lane Swim 06:00 - 09:15		Lane Swim 08:00 - 09:50
08:30							
09:00							
09:30	Pres-schl (for depth 0.81m)						
10:00	Family Fun* 10:15 - 11:00	Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00	Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00	Swim Academy 08:00 - 12:45	Family Fun* 10:00 - 10:55
10:30							
11:00	Kids Club Hire 11:00 - 11:55	Kids Club Hire 11:00 - 11:55	Inflatable Set Down	Kids Club Hire 11:00 - 11:55	Inflatable Set Down		Family Fun* 11:00 - 11:55
11:30							
12:00	General Swim/Lane Swim 12:00 - 11:50	General Swim/Lane Swim 12:00 - 15:50	General Swim/Lane Swim 11:50 - 14:50	General Swim/Lane Swim 12:00 - 14:50	General Swim/Lane Swim 11:30 - 14:50	Depth 0.81m	General Swim/Lane Swim 12:00 - 13:45
13:00							
13:30	Water Conditioning 14:00 - 15:00						
14:00	Disabled & Remedial 14:00 - 15:00						
15:00	Adults Only Swim 15:00 - 15:50	Depth 0.81m	Kids Club Hire 15:00 - 15:50	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05	Inflatable Fun** 15:00 - 16:00	Inflatable Set Down
15:30							
16:00							
16:30							
17:00	Swim Academy 16:00 - 19:00	Swim Academy 15:30 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05	Mendip kayak Hire 16:30 - 18:00	Kingfishers Swim Club 16:00 - 18:00
17:30							
18:00	Lane Swim 18:00 - 18:30	General Swim/Lane Swim 18:15 - 19:00	Lane Swim 18:15 - 19:00	Kingfishers Swim Club 18:30 - 21:00	Lane Swim 18:15 - 19:00	General Swim/Lane Swim 18:15 - 19:00	Lane Swim 18:15 - 19:00
18:30							
19:00		Aqua Fit 19:05 - 19:50					
19:30							
20:00	Kingfishers Swim Club 19:00 - 21:00	West Country Tri Club 20:00 - 21:00	Kingfishers Swim Club 19:00 - 21:00	Kingfishers Swim Club 18:30 - 21:00	Swim Academy 16:00 - 20:05		
20:30							
21:00	Lane Swim 21:00 - 22:00	Lane Swim 21:00 - 22:00	Lane Swim 21:00 - 22:00	Lane Swim 19:10 - 22:00	Lane Swim 18:15 - 22:00		
21:30							
22:00							

FROM MONDAY 31ST JULY - SUNDAY 6TH AUGUST 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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FROM MONDAY 31ST JULY - SUNDAY 6TH AUGUST 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30	Kingfishers Swim Club 06:00 - 07:15		Kingfishers Swim Club 06:00 - 07:15				
07:00							
07:30							
08:00	Lane Swim 06:00 - 10:00	Lane Swim 06:00 - 09:50	Lane Swim 06:00 - 09:45	Lane Swim 06:00 - 08:50	Lane Swim 06:00 - 09:15		Lane Swim 08:00 - 09:50
08:30							
09:00							
09:30	Pres-schl (for depth 0.81m)						
10:00	Family Fun* 10:15 - 11:00	Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00	Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00	Swim Academy 08:00 - 12:45	Family Fun* 10:00 - 10:55
10:30							
11:00	Kids Club Hire 11:00 - 11:55	Kids Club Hire 11:00 - 11:55	Inflatable Set Down	Kids Club Hire 11:00 - 11:55	Inflatable Set Down		Family Fun* 11:00 - 11:55
11:30							
12:00	General Swim/Lane Swim 12:00 - 11:50	General Swim/Lane Swim 12:00 - 15:50	General Swim/Lane Swim 11:50 - 14:50	General Swim/Lane Swim 12:00 - 14:50	General Swim/Lane Swim 11:30 - 14:50	Depth 0.81m	General Swim/Lane Swim 12:00 - 13:45
13:00							
13:30	Water Conditioning 14:00 - 15:00						
14:00	Disabled & Remedial 14:00 - 15:00						
15:00	Adults Only Swim 15:00 - 15:50	Depth 0.81m	Kids Club Hire 15:00 - 15:50	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05	Inflatable Fun** 15:00 - 16:00	Inflatable Set Down
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17:00	Swim Academy 16:00 - 19:00	Swim Academy 15:30 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05	Mendip kayak Hire 16:30 - 18:00	Kingfishers Swim Club 16:00 - 18:00
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18:00	Lane Swim 18:00 - 18:30	General Swim/Lane Swim 18:15 - 19:00	Lane Swim 18:15 - 19:00	Kingfishers Swim Club 18:30 - 21:00	Lane Swim 18:15 - 19:00	General Swim/Lane Swim 18:15 - 19:00	Lane Swim 18:15 - 19:00
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19:00		Aqua Fit 19:05 - 19:50					
19:30							
20:00	Kingfishers Swim Club 19:00 - 21:00	West Country Tri Club 20:00 - 21:00	Kingfishers Swim Club 19:00 - 21:00	Kingfishers Swim Club 18:30 - 21:00	Swim Academy 16:00 - 20:05		
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21:00	Lane Swim 21:00 - 22:00	Lane Swim 21:00 - 22:00	Lane Swim 21:00 - 22:00	Lane Swim 19:10 - 22:00	Lane Swim 18:15 - 22:00		
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FROM MONDAY 14TH - SUNDAY 20TH AUGUST 2023

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FROM MONDAY 14TH - SUNDAY 20TH AUGUST 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
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# STUDENT

## 6 WEEK MEMBERSHIP

ONLY £45 (THAT'S ONLY £7.50 PER WEEK)

- + No Contract
- + Flexible Access
- + Gym Access
- + Racquet Court Hire
- + Gold Status
- + Free Personal Fitness Programme
- + Virtual and Instructor lead classes
- + Swimming pool access
- + 3 vouchers per membership for friends and family

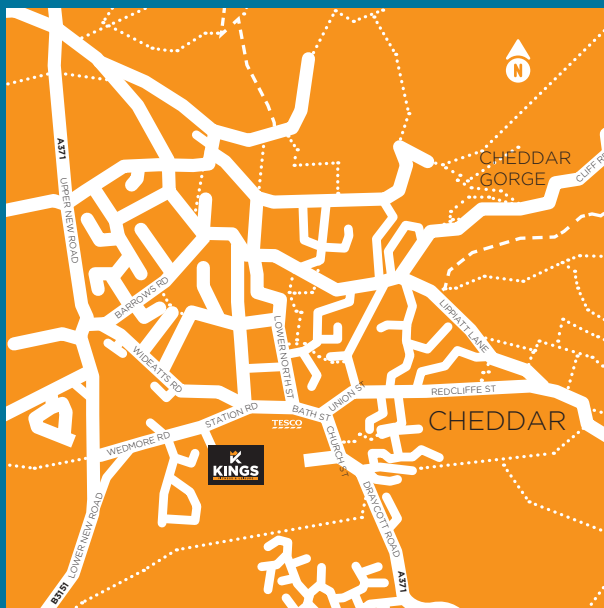
(Includes Swim voucher x1, Class Voucher x1 and 1 free Gym Induction voucher)



Terms and Conditions: Any Students in full-time or part-time further education will be eligible for the Six Week Student Plus Membership. Students must provide a valid Student card to purchase this subscription. This promotion will only be available from June to August. This promotion cannot be used in-conjunction with other promotions. Six Weeks Student Plus membership is an one off payment of £45.00 for Six consecutive weeks. Kings Fitness & leisure reserve the right to change Terms and Conditions without prior notice.

### FROM MONDAY 28TH - SUNDAY 3RD SEPTEMBER 2023

	MONDAY - BANK HOLIDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00							
06:30							
07:00							
07:30							
08:00		Lane Swim 07:00 - 09:50	Lane Swim 06:00 - 09:45	Lane Swim 06:00 - 08:50	Lane Swim 06:00 - 09:45		Lane Swim 08:00 - 09:50
08:30	Lane Swim 08:00 - 09:50			Aqua Fit 09:00 - 09:45			
09:30				Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00	Swim Academy 08:00 - 12:45	Family Fun* 10:00 - 10:55
10:00	Family Fun* 10:00 - 10:55	Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00	Family Fun* 10:00 - 10:55	Inflatable Fun** 10:00 - 11:00		Family Fun* 11:00 - 11:55
11:00							
11:30							
12:00							
12:30	General Swim/Lane Swim 11:00 - 14:00						General Swim/Lane Swim 12:00 - 13:45
13:00							
13:30							
14:00	Disabled & Remedial 14:00 - 15:00	General Swim/Lane Swim 11:00 - 15:50	General Swim/Lane Swim 11:30 - 14:50	General Swim/Lane Swim 11:00 - 14:50	General Swim/Lane Swim 11:30 - 14:50	General Swim/Lane Swim 12:15 - 14:45	Inflatable Fun** 14:00 - 15:00
14:30							
15:00	Adults Only Swim 15:00 - 15:50						
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16:00							
16:30							
17:00	Swim Academy 16:00 - 19:00	Swim Academy 15:30 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 19:00	Swim Academy 16:00 - 20:05		Lane Swim 15:30 - 18:00
17:30							
18:00							
18:30		General Swim/Lane Swim 18:15 - 19:00					
19:00		Aqua Fit 19:05 - 19:50					
19:30		West Country Tri Club 20:00 - 21:00					
20:00							
20:30							
21:00							
21:30		Lane Swim 21:10 - 22:00	Lane Swim 18:15 - 22:00	Lane Swim 18:30 - 22:00	Lane Swim 18:15 - 22:00		
22:00							



**KINGS FITNESS & LEISURE, STATION ROAD, CHEDDAR, SOMERSET, BS27 3AH**  
**01934 744939 • ENQUIRIES@KINGSFITNESS.CO.UK • WWW.KINGSFITNESS.CO.UK**

