

# Payment



## Leisure Card

If you wish to use the gym and join our fitness classes, you will need to register for a Leisure Card. You will also need one for schemes such as Be active and Passport to Leisure.

## Be active

A citywide scheme to encourage everyone to take more physical activity. For Birmingham residents, the following activities are free\*:

- Swimming 9:00am - 12:00pm Mon - Fri only (last ticket 11:30am)
- Gym 1:30pm - 4:30pm Mon - Fri only (last ticket 3:30pm)

No classes included

Ask at reception for more details. \*Terms & Conditions apply.

If you want to use our facilities outside of the Be active scheme, we have a number of other options.

## Passport to Leisure

If you are on a low income, a full-time student or receive disability benefit, you may qualify for a Passport to Leisure Card. If you are over 60, you certainly do!



For a small fee (free to Birmingham residents aged over 70), the card gives discounts on most activities at all our leisure centres.

You'll also enjoy discounts on city events and some concerts at Symphony Hall. For more information, ask at reception or call 464 2012.

## Your Choice Membership

If you use our fitness facilities and pools across the city regularly, you can save money by joining one of our monthly membership packages. Payable by monthly direct debit, **Premier Choice** gives you unlimited access to swimming, fitness classes, aqua exercise, gyms and saunas. **Fitness Choice** gives you unlimited access to fitness classes, aqua exercise and the gym, whilst **Aqua Choice** is great if you just want to swim.

# How to find us

## Opening Times

Mon, Tues, Thurs 7:00am - 10:00pm  
(last ticket 9pm)

Wed - 7:00am - 4:00pm  
(last ticket 3:30pm)

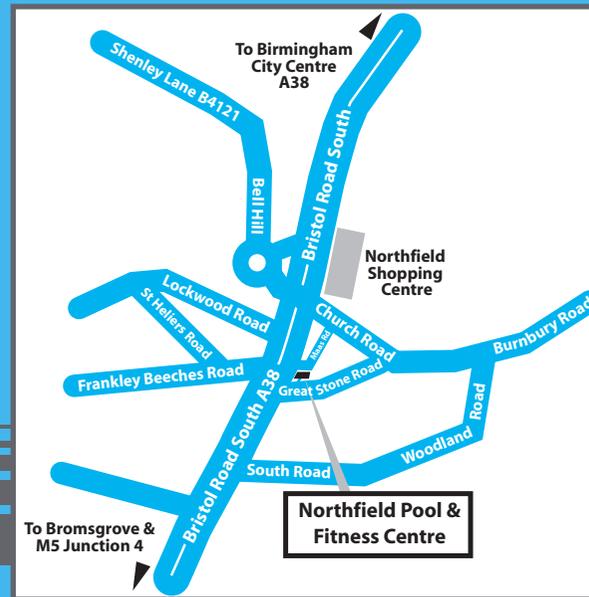
Fri - 7:00am - 7:30pm  
(last ticket 7:00pm)

Sat - Sun 8:00am - 4:30pm  
(last ticket 4:00pm)

## Car Parking

Free onsite parking

We make every effort to ensure that these facilities are accessible for people with disabilities. Should you require assistance, please contact any member of staff.



**Buses:** 18, 19, 27, 39, 61, 62, 63

The centre is situated on the Bristol Road along Northfield's main high street, easily accessible by bus, and there are plenty of parking spaces.

If you would prefer this text in a different format, please contact us on tel: 0121 464 2012.

Keep up-to-date with what's happening in the city with a monthly bulletin delivered straight to your inbox! Subscribe to the Birmingham Bulletin and get what's on information, city news and the chance to win tickets for sporting events, concerts and exhibitions; [birmingham.gov.uk/bulletin](http://birmingham.gov.uk/bulletin)

In compliance with the Data Protection Act 1998, all information will be treated confidentially and not passed on to other organisations.

Printed on paper from a sustainable resource. Please recycle this leaflet



# Swimming



C43286 08/2011

## Northfield Pool & Fitness Centre

Bristol Road South, Northfield  
Birmingham B31 2PD

**Tel: 0121 464 1058**

[birmingham.gov.uk/northfieldpool](http://birmingham.gov.uk/northfieldpool)



# Welcome

Northfield Pool is a great place to swim and has something for everyone – whatever your age or fitness level.



Thousands of children and adults across Birmingham have learned to swim with Strokes swimming lessons.



## Swimming

As well as being a fun activity, swimming is a great source of exercise. Just 30 minutes of swimming can burn 200 calories. It's fantastic for your heart and lungs, has low impact on your joints, and is even a good way to relax your mind!

We have two great swimming pools for you to use. The main pool is 30 metres long and perfect for both recreational and fitness swimming. The smaller pool is ideal for smaller children and families.

Public swimming sessions are available at various times throughout the day in both pools, giving you the choice of swimming wherever suits you best. These sessions are available for anyone to come along to and enjoy a relaxing swim in a safe environment.

Designed for those who want to improve their fitness levels, lane sessions are available every weekday morning and some evenings to provide you with the ideal opportunity to work out at the start of the day.



## Fitness Classes

Water aids buoyancy and supports your body, making Aquanatal an ideal gentle exercise for mothers during and after pregnancy. Aquatone is an aerobic workout combined with strength-building exercises that target specific muscle groups.

## Strokes Swimming Instruction

Instruction helps to encourage children aged from just four months to develop confidence in water, learn about water safety and perfect their swimming techniques, with professional guidance from fully accredited instructors. Junior Strokes pupils receive a colourful progression folder with details about each level of the scheme and plenty of space to record their achievements.

If you're an adult who wants to learn to swim or increase your confidence in the water, our staff can help with a programme of adult lessons.

**Mini Strokes** - Ideal for babies and toddlers who love to play in the water.

**First Strokes** - Ideal for children from three years to pre-school age, with a water-based instructor in groups of 1:8.

**Junior Strokes** - Ideal for non-swimmers of school age who have experience of the water and children who can follow instructions. Children advance from non-swimmers through to proficient swimmers.

In addition our **Premier Strokes** classes of 4 children to 1 teacher offer a smaller ratio to intensify learning and achievement.

**Adult Strokes** - Ideal for anyone aged 16 or over. Whatever your age, it's never too late to learn to swim. Whether you're a complete beginner, require advice on your swimming technique or wish to take part in coaching sessions for advanced swimmers, Strokes swimming lessons are for you.

## Sauna & Steam Suite

To help you relax after your workout or just to unwind, our sauna and steam suite can help improve your circulation and provide relief from muscular tension, aches and pains. Using the correct cycle of bathing and cool-off periods will also enhance the natural appearance of your skin through opening the skin's pores.

Please note the last entrance to the Sauna & Steam Suite is one hour before closure. Over 18s only.

## Women-only Sessions

Our staff recognise the importance of women having the opportunity to participate according to their needs or preferences and our women-only sessions will give you confidence and comfort. See timetable.