

CHRISTMAS AT KINGS



A GUIDE TO CHRISTMAS AT KINGS

FESTIVE OPENING TIMES

Our Opening Times for this festive season varies, please check the website for the latest information.

	Kings Fitness & Leisure	Lattitude Coffee Shop	Beauty by Kimberly
Monday 19th December	06.00 - 22.00	09.00 - 19.00	10.00 - 16.00
Tuesday 20th December	06.00 - 22.00	09.00 - 19.00	09.00 - 20.00
Wednesday 21st December	06.00 - 22.00	09.00 - 19.00	09.00 - 20.00
Thursday 22nd December	06.00 - 22.00	09.00 - 19.00	09.00 - 20.30
Friday 23rd December	06.00 - 22.00	09.00 - 12.00	09.00 - 19.00
Saturday 24th December	08.00 - 14.00	CLOSED	CLOSED
Sunday 25th December	CLOSED	CLOSED	CLOSED
Monday 26th December	CLOSED	CLOSED	CLOSED
Tuesday 27th December	07.00 - 19.00	CLOSED	CLOSED
Wednesday 28th December	07.00 - 19.00	CLOSED	10.00 - 15.00
Thursday 29th December	07.00 - 19.00	CLOSED	09.00 - 14.00
Friday 30th December	07.00 - 19.00	CLOSED	10.00 - 15.00
Saturday 31st December	08.00 - 14.00	CLOSED	CLOSED
Sunday 1st January	CLOSED	CLOSED	CLOSED
Monday 2nd January	08.00 - 19.00	CLOSED	CLOSED
Tuesday 3rd January	06.00 - 22.00	09.00 - 19.00	09.00 - 20.00

JUNIOR FINISH DATES

Pre School Swimming*

Last session - Friday 16th December 2022

Stage 1 - 10 Swimming Academy/
Kingfishers

Last Session - Monday 19th December 2022

Rookie

Last session Friday 16th December 2022

All Junior Dryside activities

Last session Friday 16th December 2022

*Please see swimming pool timetable
for catch-up sessions



JUNIOR RETURN DATES

All Junior Activities
return on Tuesday 3rd
January 2023



Join us for just



When you set up a Direct
Debit memberships between
1st-14th of December.

JOIN US TODAY
WWW.KINGSFITNESS.CO.UK

Terms and Conditions: Customers who sign up to a Direct Debit membership before midnight the 14th December will be gifted to the following offer: Join for £1,000. Eligible customers will be able to select from a variety of Direct Debit membership options including 12 months membership, 6 months membership, 3 months membership and 1 month membership. All customers must have a gym induction before using the gym. This offer will be subject to a cap of £100. However, a £1000 cap will be applied to every member. This offer cannot be used in conjunction with other promotions.



GIVE A CHILD

A Gift

THIS CHRISTMAS

DONATE A
CHRISTMAS PRESENT



RECEIVE A 7 DAY
UNLIMITED PASS*

All donations will be given to the Bristol Children's Hospital.
A list of suitable gifts can be found at reception or speak to members
of the team for more information.

All donations must be received before the 17th of December 2022. Once you have
donated a suitable gift you shall receive a 7-day consecutive pass available to
use between 1st December - 31st of December 2022. The 7-day pass applies to
Swim, Gym and Fitness classes. All customers must have a gym induction
before using the gym.

WWW.KINGSFITNESS.CO.UK



* Requires advance booking for each individual attending the session # Subject to Private Party Bookings ^ 15 minutes at the start of the sessions are for Competency Tests & Rules (sessions are 45 minutes)
 The information on this timetable is correct at the time of publication, but may be subject to change at any time.
 Changes will displayed at Reception and on our Website. For Swimming Pool Terms and information, please see Glossary at the back of the Brochure.
 Please see Kings Fitness Website for Swim England guidance relating to Frequently Asked Questions regarding Skin Conditions and Swimming participation, which we follow at Kings Fitness & Leisure.

INFLATABLE FUN INFORMATION
 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).
 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.
Pool Ratios Are As Follows:
 0 - 2 years = 1 Adult to 1 Child
 3 - 4 years = 1 Adult to 2 Children
 5 - 7 years = 1 Adult to 3 Children
 8 years+ and Competent = Swim Alone
 Adult = 16 years+*

	MONDAY - BOXING DAY	TUESDAY - Bank Holiday	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY - New Years Eve	CLOSED
06:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
06:30								
07:00								
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- 25m Pool
- Disabled/Pool Host
- Free Parking
- Free Wifi
- Steam Room
- Sauna
- Showers & Changing Room
- Restrooms
- No Footwear in Changing Room

POOL TIMETABLE

FROM MONDAY 19TH - SUNDAY 25TH DECEMBER 2022

- GENERAL SWIM/LANE SWIM
- SWIM ACADEMY
- PRIVATE HIRE
- AQUA FIT CLASS
- FAMILY FUN (Floor Depth 0.81)
- INFATABLE FUN
- NPLD COURSE - National Pool Lifeguard Qualification
- KIDS CLUB - PRIVATE HIRE
- WATER CONDITIONING (Bar2Health Class)

- 25m Pool
- Disabled/Pool Host
- Free Parking
- Free Wifi
- Steam Room
- Sauna
- Showers & Changing Room
- Restrooms
- No Footwear in Changing Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY - CHRISTMAS EVE	SUNDAY - CHRISTMAS DAY
06:00 - 22:00	Kingfishers Swim Club 06:00 - 07:15	Lane Swim 06:00 - 07:15	Lane Swim 06:00 - 09:45	Lane Swim 06:00 - 09:45	Lane Swim 06:00 - 09:45	Lane Swim 06:00 - 09:45	Lane Swim 06:00 - 09:45
06:30							
07:00							
07:30							
08:00							
08:30							
09:00							
09:30							
10:00	Family Fun* 10:00 - 10:55	Reschool Floor Depth 0.81 10:00 - 11:00	Reschool Floor Depth 0.81 10:00 - 11:00	Reschool Floor Depth 0.81 10:00 - 11:00	Family Fun* 10:00 - 11:00	Family Fun* 10:00 - 10:55	Family Fun* 10:00 - 10:55
10:30							
11:00	Kids Club Hire 11:00 - 11:55	Kids Club Hire 11:00 - 11:55	Infatiable Fun** 11:00 - 12:00	Infatiable Fun** 11:00 - 12:00	Infatiable Fun** 11:00 - 12:00	Infatiable Fun** 11:00 - 12:00	Infatiable Fun** 11:00 - 12:00
11:30							
12:00							
12:30	General Swim/Lane Swim 12:00 - 13:50	General Swim/Lane Swim 12:00 - 13:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50
13:00							
13:30	Water Conditioning & RENEWAL 14:00 - 15:00	General Swim/Lane Swim 12:00 - 13:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50
14:00	Disabled & RENEWAL 14:00 - 15:00	General Swim/Lane Swim 12:00 - 13:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50
14:30	Adults Only Swim 15:00 - 15:50	General Swim/Lane Swim 12:00 - 13:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50	General Swim/Lane Swim 12:30 - 14:50
15:00							
15:30							
16:00	Swim Academy 16:00 - 19:00	Family Fun* 16:00 - 16:55	Family Fun* 16:00 - 16:55	Family Fun* 16:00 - 16:55	Family Fun* 16:00 - 16:55	Family Fun* 16:00 - 16:55	Family Fun* 16:00 - 16:55
17:00							
17:30							
18:00							
18:30							
19:00							
19:30	Kingfishers Swim Club 19:00 - 21:00	Aqua Fit 19:05 - 19:50	Kids Club Hire 15:00 - 15:55	Kids Club Hire 15:00 - 15:55	Kids Club Hire 15:00 - 15:55	Kids Club Hire 15:00 - 15:55	Kids Club Hire 15:00 - 15:55
20:00							
20:30							
21:00							
21:30							
22:00							

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FESTIVE CLASS TIMETABLE

Friday 23rd

7am Indoor Cycle
9am LBT | Clive
9am Pilates | Belinda
10am Balance | Clive
11am Youth Training Zone

Saturday 24th

8am Indoor Cycle | Julia
9am Body Cond | Leanne
10am Pilates | Leanne

Tuesday 27th

7am Circuit | Sarah W
8am Body Pump | Sarah W
9am Indoor Cycle | Ceri
10am Pilates | Ceri
11am Youth Training Zone
6pm Yoga | Andrew
6pm Body Attack/
Condition Combo | Jayne

Wednesday 28th

8am Indoor Cycle-Ceri
9am Lbt-Ceri
10am Pilates | Ceri
11am Youth Training Zone
5pm Body Pump | Sam

Thursday 29th

7am Body Attack
/Conditioning Combo | Jayne
9am Indoor Cycle | Sarah F
9am Body Pump | Sam
10am Body Cond | Sarah F
10am Balance | Sam
11am Youth Training Zone
6pm Indoor Cycle | Julia

Friday 30th

8am Indoor Cycle | Ceri
9am Lbt | Clive
9am Pilates | Robyn
10am Sh'bam | Robyn
10am Balance | Clive
11am Youth Training Zone
6pm Pilates | Ceri

Saturday 31st

8am Indoor Cycle | Julia
9am Body Attack | Jayne
10am Body Pump | Jayne

Monday 2nd | Bank Holiday

8am Indoor Cycle | Sarah W
Or Robyn
9am Pilates | Robyn
10am Body Cond | Robyn
11am Youth Training Zone

KINGS ADVENT CALENDAR

For your chance to win a prize from the daily draw, please enter your details at Reception on entry.

Members only.
Over 18's only.
T's & C's apply.

★
Christmas
-at-

KINGS
FITNESS & LEISURE



FREE TO ALL

The Kings Fitness Christmas Fair

Sunday November 27th , 10am-4pm

Come and ring in the festive season with a fun-packed day!

- A Chance to win ONE YEAR'S free membership
- Festive photo booth from 11am-3pm
- Christmas market with over 20 stalls
- Live Christmas music
- A visit from Santa himself
- Festive treats from Lattitude Cafe
- ...and so much more!!



SPORTS & CRAFTS

Christmas Holiday CLUB

Team Sport, Physical Activity & Crafts for 5-13 year olds this Half Term



for ages 5-13

£25
per day

when?

monday 19th december
to
friday 23rd december

times: 09:00 – 16:00

where?

astro turf, field & sports hall



packed with exciting and engaging activities including dodgeball, ultimate frisbee, tennis, hockey, football, cricket, arts & crafts and much more! the camps will utilise our fantastic facilities and base in the sports hall, on the astro-turf and on the sports field. each day will also include a swim, in our indoor heated 25 metre swimming pool.

fun & festive activities

what will i need to bring?

warm clothes, water proofs, swimming kit, sun block, snack, lunch and refillable drink bottle.

for more information on booking please call the club on 01934 744 939