



Waves Leisure Pool Customer Informer

Welcome to the Winter edition of our Waves Customer Informer. As Winter closes in on us, Waves remains the perfect venue to keep the kids entertained no matter what the weather, with our exciting Flume, Waves Machine and Fun Sessions.

During the Winter months it can be easy to put exercise off, however a regular fitness routine can help to prevent Seasonal Affective Disorder commonly referred to as SAD. It can also improve your immunity, as well as boost confidence and energy levels. So why not join us for our 'Adults Only' swimming sessions every weekday from 7.30am to 9.00am as well as every Thursday from 7.00pm to 9.00pm.

Family Christmas Disco

This year we will be holding a Family Christmas Disco which promises a fun filled evening including a professional DJ, competitions and games.

Family Christmas Disco
Monday 21st December
At the Riviera International Centre
From 5.30pm
Booking Essential!

Party Games
Competitions
Tasty Food

Mums' and Dads' can enjoy a glass of mulled wine, a mince pie, plus a bar open until late!

For under 12s*
Prices:
Centre Member £3.00
Non-Member £4.00
Centre Member Combo (meal included) £6.25
Non-Member Combo (meal included) £7.25
Adults Tickets £1.50

WAVES LEISURE POOL
WITH A CONSCIENCE

There is an option of either just an entry ticket or a 'Combo' ticket which includes entry and a meal. The children's meal consists of a choice between Chicken Chunks, Fish Fingers, a Beef Burger or a Bean Burger and includes Chips and a Carton of Drink.

The party starts from 5.30pm. There will be hot and cold food available, a mince pie and glass of mulled wine for adults upon arrival, plus a bar open until late.

Tickets are on sale now! Booking essential, call 01803 206333.

NB: This event is for under 12's. Parental supervision is required. Maximum of 3 children per one adult. Maximum of 2 adults per child. For more information please visit www.rivieracentre.co.uk.

Opening Hours

Please note that over the festive period Waves will be closed on Thursday 24th, Friday 25th, Monday 28th and Thursday 31st in December as well as Friday 1st January.

Our annual pool shutdown will commence from Monday 4th January and will re-open on Friday 8th January at 4pm.

During February Half Term from Monday 15th February until Sunday 21st February you can enjoy our extended opening times (pick up a leaflet for more details). The Wave Machine and Flume will also be in operation so why not bring your family for a treat.

Aquacise

Aquacise is not just for the over 50's it's an ideal form of exercise for all age groups, male and female, non swimmers and swimmers, those recuperating from an injury and those that just want to try something different.

If you want to exercise but find land based exercise too taxing on your joints, or you feel uncomfortable in a studio or gym environment, then Aquacise is for you.

The class is designed to give a total body workout that's fun to do for all abilities. It incorporates 30 minutes of cardiovascular exercise followed by 15 minutes of mobility, strengthening and

toning exercises using a water noodle. This class is even ideal for non-swimmers as all the exercises are designed to be done at a depth that is suitable for your ability.



The classes are held every Wednesday during term time in Waves Leisure Pool from 2.00pm to 2.45pm. So if you want to get fit, stay healthy and have fun then come along and join us.

For more information call Sue on 07799 822164.

Skill for Life

Our swimming lessons are not only ideal for young beginners but also for adults who are complete novices or just lack confidence and want to improve their ability.

After attending a few of our Aqua Babies classes, Konnie George, mother to daughter Alex felt it was about time she learnt to swim herself. "This is now my fourth term of swimming classes with my daughter Alex and we can now both enjoy learning and playing together in the water."

All our courses follow the Amateur Swimming Association's National Plan for Teaching Swimming and can commence any time up until half term. The courses run for up to 14 weeks following a national syllabus which encompasses core skills for all aquatic disci-

whole
hour of
fun.

There's something for everyone with the Wave Machine, Flume and even the Giant Inflatable Dinosaur if you request it.

For a post swim snack visit Neptune's Galley. We can accommodate up to 30 people and have a variety of food on offer from Burgers and Chips to Salads.

Private Hire is available on Saturdays and Sundays from 4.30pm. However be sure to book well in advance as they are very popular. Call Tanya or Stewart today on 01803 206309.

"Excellence is our Standard"

This is our motto at the Riviera International Centre. It means that we strive to get things right first time, every time; our staff are empowered to go that extra mile for the customer and above all we want you to have a great experience while you are here. If ever there is anything wrong, or we have done something really well - please let us know. We enjoy getting things right and so feedback is really welcomed. Speak to any member of the team, fill out a comment form or even email the Managing Director bcole@ricc.co.uk - the choice is yours!

plines, encouraging swimmers to master the basics before moving on to more specific areas, such as diving and lifesaving.

The courses run on a one to one basis or in groups and are suitable for children from the age of four months upwards.

For more information call Jacquie on 01803 206309.



Centre Members' Xmas Lunch

On Wednesday 16th December we will be holding our annual Lunch for all of our valued Centre Members. This year we would also like to extend the offer to those of you who have become Splash Members.

The Lunch remains at the great price of just £8 for two courses and coffee. Bookings are being taken now. Drop into the Bay Brasserie or call us on 01803 206337 to reserve your place. All we ask is that you have your membership number to hand when you make your booking.

NB: usual members 10% discount does not apply on this lunch.

Well Done Jacquie

Congratulations go to Jacquie Lovett, our Swimming & Yoga Instructor who has recently passed a distance learning course in Yoga Teaching, Anatomy and Physiology.

Jacquie studied through Natural Healthcare College and undertook the course with a view to expand her knowledge of the practice of yoga both physically and spiritually.

"The course provided me with the perfect opportunity to juggle my full time job with further education" says Jacquie

"and I would like to thank my line Manager, Tanya Brimicombe, for allowing me to study during quiet periods at work." Jacquie also found that the course provided some unexpected benefits, "I found the deeper you delve into the practice of yoga, the more I learnt about myself, others and the world around me."

Jacquie teaches Yoga at the Centre every Wednesday at 11.30am.

For more information email jlovett@ricc.co.uk or call 01803 206309.



Time to Party!

Waves Leisure Pool could be your next party venue. Private Hire prices start from just £95 for up to 150 people (subject to our admissions policy) for a

Nice to meet you...!

Name: Amanda Birchall

Position: Receptionist

Responsible for: I work alongside the other Receptionists and am responsible for the general day to day running of Reception including; dealing with enquiries, processing Centre Memberships and manning the Swim Shop.

Best part of the Job: The wide range of people I get to meet on a daily basis, particularly the young tots visiting us for their very first swim!

Usually seen: Being taken for a walk by my chocolate Labrador!

Interesting fact: When I was younger I hitchhiked to Naples and back from Liverpool... definitely not to be recommended.

Looking forward to: Going up to Liverpool to see my family at Christmas.



Waves Leisure Pool, Riviera International Centre

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01803 299 992

www.rivieracentre.co.uk

"Excellence is our Standard"



FREE
Aquacise Class
* One free class per person*
Classes are held every Wednesday at
2.45pm in Waves Leisure Pool. Please note:
numbers are limited so make sure you're early!
Valid until 26/02/10. For more information contact
on day of class. Sue on 07799822164.