

# Swim Timetable

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## **The Pool**

Our pool is 18 metres by 9 metres and ranges from 1 metre to 1.3 meter depth. The pool timetable is carefully zoned to cater for all our members. We have a range of adult and children's swim times, water workouts, and parents and tots sessions.

## **Spa/Sauna/Steam**

Perfect for winding down after exercise or simply to relax and de-stress. These facilities are strictly limited to adults and junior adults (over 15 years old).

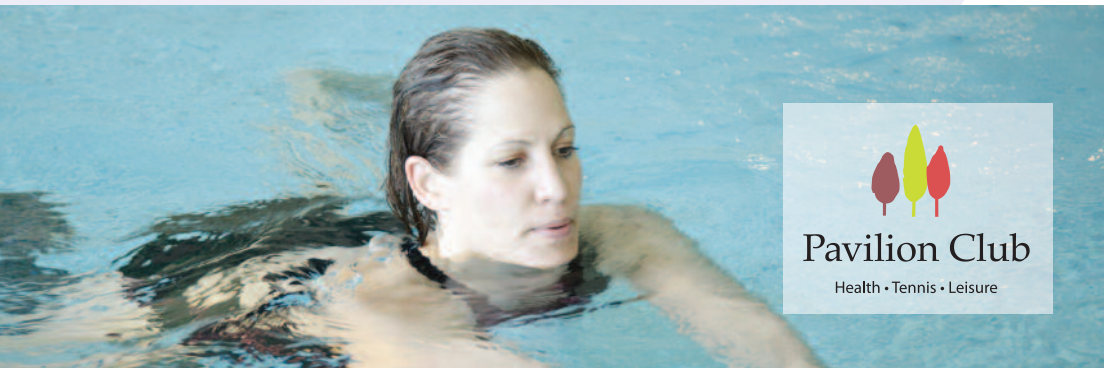
## **Children's Swim**

Children (up to 15th birthday) may use the pool only during allocated time slots, see time-table. All children up to their 12th birthday must be supervised by an adult member at all times.

Adult to Child ratio: Up to one year 1:1; from two to 11 years 1:3.  
Children's swimming lessons are available during children's times.  
1-2-1 lessons may be held outside these times.

Parent's and tot's times are specifically for mum's and dad's to introduce under 5's to swimming. Please note that these sessions are open to all children in school holidays.

During parent's and tot's and weekend children's times there is a separate lane for over 12's and adults continuous swimming.



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## **MONDAY**      **Open 6.00am**      **Close 10.00pm**

11.00 - 12.00      Parents & tots/Over 5's during school holidays

3.00 - 5.00      Kids 121 lessons

## **TUESDAY**      **Open 6.00am**      **Close 10.00pm**

11.00 - 11.45      Aqua

3.00 - 5.00      Children's swim time/group kids swimming lessons term time

8.00 - 8.45      Aqua

## **WEDNESDAY**      **Open 8.00am**      **Close 10.00pm**

11.00 - 12.00      Parents & tots/Over 5's during school holidays

11.00 - 12.00      Kids 121 lessons

## **THURSDAY**      **Open 6.00am**      **Close 10.00pm**

11.00 - 11.45      Aqua

3.00 - 5.00      Children's swim time/group kids swimming lessons term time

8.00 - 8.45      Aqua Circuits

## **FRIDAY**      **Open 8.00am**      **Close 10.00pm**

10.30 - 11.15      Aqua

11.15 - 12.00      Parents & tots/Over 5's during school holidays

11.15 - 12.15      Kids 121 lessons

## **SATURDAY**      **Open 8.00am**      **Close 8.00pm**

09.00 - 12.00      Children's swim time/121 kids lessons

12.00 - 12.45      Aqua

## **SUNDAY**      **Open 8.00am**      **Close 8.00pm**

12.00 - 4.00      Children's swim time/121 kids lessons

### **General Safety and comfort**

**Blood Pressure:** If you have high blood pressure it is very important that you seek medical advice before using any of the Spa facilities.

**Shower:** As a courtesy to other pool and Spa users we have a strict shower first policy. This means cleaner water and fewer chemicals.

**Medical:** No member should use any part of the Club that may in any way risk passing on any infectious conditions.



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