

Swim Timetable

MONDAY *	Open 6.00am	Close 10.00pm
11.00 - 12.00	Parents & tots. Plus "Over 5's" during school holidays	
11.00 - 12.00	Group kids swimming lessons term time	
15.00 - 17.30	Kids 1-2-1 lessons	
TUESDAY	Open 6.00am	Close 10.00pm
11.00 - 11.45	Aqua class	
15.00 - 17.00	Children's swim time/group kids swimming lessons term time	
20.00 - 20.45	Aqua class	
WEDNESDAY	Open 8.00am	Close 10.00pm
11.00 - 12.00	Parents & tots. Plus "Over 5's" during school holidays	
11.00 - 12.00	Group kids swimming lessons term time	
15.00 - 17.30	Kids 1-2-1 lessons	
THURSDAY	Open 6.00am	Close 10.00pm
11.00 - 11.45	Aqua class	
15.00 - 17.00	Children's swim time/group kids swimming lessons term time	
19.00 - 19.45	Aqua Bootcamp (with Vlad)	
FRIDAY	Open 8.00am	Close 10.00pm
10.30 - 11.15	Aqua class	
11.20 - 12.00	Parents & tots. Plus "Over 5's" during school holidays	
15.30 - 17.30	Children's swim time	
SATURDAY	Open 8.00am	Close 8.00pm
9.00 - 12.00	Children's swim time	
12.15 - 13.00	Aqua class	
SUNDAY	Open 8.00am	Close 8.00pm
12.00 - 16.00	Children's swim time	

Note: Kids 1-2-1 lessons may be held outside Children's swim times.

*** Bank Holiday Mondays Kids Swim 3-5pm**



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.

Swim Timetable

The Pool

Our pool is 18 metres by 9 metres and ranges from 1 metre to 1.3 metres 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 only use the pool during allocated time slots, see time-table. All children up to their 12th birthday must be supervised by an adult member at all times.

Children's Swimming Lessons

Children's swimming lessons are available during children's times.
1-2-1 lessons may be held outside these times.

Safety

When taking children (under 12) swimming during Parents and Tots & family swim times we operate a strict Parent/Guardian to child ratio:

- Adult to Child ratio:
- Non Swimmer without secured floatation 1:1
 - Non swimmer with secured floatation 1:3
 - Children under twelve 1:3

Parents and guardians must maintain **eyes on supervision at all times** their children are in the pool - Please note this is not the pool attendants' responsibility.

For *all* non-swimmers, Parents or Guardians must be **in the water with eyes on supervision** at all times.

Swim nappies must be worn if appropriate – available at reception.

There is no adult swim lane during Family Swim Times and Parents & Tots.

NB During school holidays additional children's coaching sessions will be held.



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