

# Swimming Timetable

General swimming hours: Children are welcome in the pool but must be restricted to swimming in an orderly fashion. Swimming lanes are reserved for adult swimmers. If children are not swimming, they will be asked to play in the small pool.

Adults only time: No children aged 16 years and under in the pool.

Kids' time: The lanes remains reserved for adults only swimming. The remainder of the large and small pools can be used for swimming and controlled playing. During this time, the general pool rules still apply.

## Adult to Children Bather Ratio Policy

Any child who cannot swim must be accompanied by a responsible adult **IN** the water at all times.

- 1) Aged 3 and under, must be accompanied by an adult in the water on a **one-to-one** basis.
- 2) Aged 4 and over, must be accompanied by an adult in the water on a **two-to-one** basis.
- 3) Any child who **CAN** swim, and is aged 8 and over, must be supervised by a responsible adult but that adult does not have to be **IN** the water with the child.

Note: Aged 15 and under is classed as a child. Aged 16 years or over is classed as an adult

A swimmer is classed as a child aged 8 and over, who can swim at least one length of the main pool unaided.

Our swimming instructors are only responsible for children who are taking swimming lessons and only for the duration of the swimming lesson. All parents/guardians are expected to comply with the above regulations including those displayed on the pool side notice board.

It is advised that children should have had their 2, 3, and 4 month vaccinations before using the pool. For any more information on the swimming pool, please contact reception.

Why not take some time to relax in our 20 metre heated swimming pool, sauna, steam room and Jacuzzi? It provides the perfect area for both tranquillity and enhancing your exercise routine.

Adult only, family and children's times are available.

## Pool opening times:

Weekday hours: 06:30 - 21:30

Weekend Hours: 07:30 – 19:30

For all swimming enquiries, call **01482 846030**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30							
07:00							
07:30			06:30 - 09:00				
08:00			Adults Only				
08:30					11.30 - 12.20	07:30 - 09:30	
09:00					Aqua	Adults Only	
09:30							
10:00						09:30 - 11:00	
10:30						General Swimming	
11:00			10.30 - 11.20				
11:30			Aqua				
12:00							
12:30			09:00 - 16:30				
13:00			General Swimming				
13:30						11:00 - 16:00	
14:00						Kids Time	
14:30							
15:00							
15:30							
16:00							
16:30			16:30 - 17:30				
17:00			Kids Time			16:00 - 18:30	
17:30						General Swimming	
18:00			17:30 - 20:00				
18:30			General Swimming		19.00 - 19.50		
19:00					Aqua	18:30 - 19:30	
19:30						Adults Only	
20:00							
20:30			20:00 - 21:30				
21:00			Adults Only				
21:30							

### Please Do...

- ♥ Shower before entering the pool
- ♥ Respect other swimmers
- ♥ Try to swim with someone else or inform a member of staff if you are alone in the pool
- ♥ Keep dirty shoes off poolside
- ♥ Remove makeup before entering the pool
- ♥ Enjoy yourself

### Please Don't...

- ♥ Dive, shout, run, perform acrobatics, dive bomb, pet
- ♥ Allow children under 10 into the main pool except when supervised during kids swimming times
- ♥ Deliberately put any pollutants into the pool
- ♥ Allow any children under 12 into the sauna, steam room or jacuzzi