

## Swimming Pool Timetable from 1<sup>st</sup> September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Adults Only Swimming Time 6:30am – 10:00am					Adults Only Swimming Time 7:30am – 9:30am		
		Aqua Aerobics 10:30 – 11:30am POOL CLOSED					
	Swim Fit Class 11:00 – 11:45					Swimming Lessons 9:30 – 12:30	
				Aqua Aerobics 11:30 – 12:30am POOL CLOSED			
		General Swimming Monday – Friday 10:00 – 18:30			General Swimming Sat + Sun 9:30 – 17:30		
	Aqua Aerobics 2-3pm POOL CLOSED						
Swimming Lessons 16:15 – 19:15			Swimming Lessons 16:15 – 18:15	Swimming Lessons 16:30 -18:30			
Aged 12+ Swimming Only 18:30 – 19:30					Adults Only Swimming 17:30 – 19:30		
				Aqua Aerobics 7-8pm POOL CLOSED			
Adults Only Swimming 19:30 – 21:30				Adults Only Swimming 19:30 – 20:30		CLOSED	
				CLOSED			

	Adults only swimming times.	Lane activity – Swimming lanes will be in use by the activity listed.	Aqua Aerobics – Pool closed to anyone not booked into the class.	12+ Swimming Time – Children 12 and over may stay in the pool until 19:30pm with an adult.		General Swimming – Children aged 3 and under must be supervised in the water by an adult on a 1-2-1 basis.
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\*Please note, sessions are subject to change. One 2 one swimming lessons are NOT included on this timetable. Please call reception ahead of your visit should you require any specific details.

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.

Aged 12+ swimming hours: No children aged 11 years and under in the pool.

#### **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.

## **Swimming Timetable**

Why not take 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:**

Monday – Thursday: 06:30 – 21:30

Friday: 06:30 – 20:30

Weekend and bank holidays: 07:30 – 19:30

For all swimming enquiries, call 01482 846030

[www.cottinghamparks.co.uk](http://www.cottinghamparks.co.uk)

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 in the pool alone, 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 in the main pool except when supervised, deliberately put any pollutions into the pool, allow any children under 12 into the sauna steam room or jacuzzi.