



### Swimming Guidelines:

#### Children

A maximum of 2 children under 8 is permitted per parent / adult. We recommend that all children under 5 years old be supervised on a one to one basis.

#### Clothing

T-shirts and non-swimwear shorts are not permitted as clothing for the pool for safety and hygiene reasons.

#### Diving

Diving is not permitted in any part of the pool, as the depth is only 1.2m.

#### Showering

Please ensure you always shower before you swim

#### Photography & Filming

This is only permitted with permission of the Health Club or Duty Manager.

#### Baby Changing

Facilities are available in the family / disabled changing rooms

#### Jacuzzi, Hydro-Spa, Sauna, Steam & Tropicarium

Children under the age 14 are not permitted in any of the above due to health and safety reasons.

### Session Details:

#### Adult Swim

All children under the age of sixteen will be asked to leave the main pool during adult swim

#### Open Swim

Recreational Swimming for **ALL** members of the club.

#### Aqua Aerobics

Aerobics in the pool using the resistance of water for an effective workout to music.

#### Children's Swimming Lessons

Children's Swimming Lessons are run during School term times. We run our lessons in line with ASA guidelines and stages with a maximum of 5 children per class

For all term times and dates please see the swimming notice board.

We also run intensive crash courses for all abilities during half term and holiday Periods.

#### Adult Lessons

We run 1-2-1 adult lessons at the club for all abilities. These can be booked directly through our swimming coach.

Health Club & Spc

# Swimming Pool Timetable

# 2010

For further information please call  
01869 241204



### Weekly Times and Activities:

#### Monday

06.00- 09.30 Adult Swim  
09.30- 11.30 Open Swim (Children permitted)  
11.30- 16.00 Adult Swim  
15.30- 18.30 Open Swim (Children permitted)  
16.00- 18.30 Swimming Lessons  
18.30- 22.30 Adult Swim

#### Tuesday

06.00- 09.30 Adult Swim  
09.30- 11.30 Open Swim (Children permitted)  
11.30- 16.00 Adult Swim  
15.30- 18.30 Open Swim (Children permitted)  
16.00- 18.30 Swimming Lessons  
18.30- 22.30 Adult Swim

#### Wednesday

06.00- 09.30 Adult Swim  
09.30- 11.30 Open Swim (Children permitted)  
10.30- 11.30 Swimming Lessons  
11.30- 16.00 Adult Swim  
12.45- 13.30 Aqua Aerobics  
15.30- 18.30 Open Swim (Children permitted)  
18.30- 22.30 Adult Swim

#### Thursday

06.00- 09.30 Adult Swim  
09.30- 11.30 Open Swim (Children permitted)  
11.30- 16.00 Adult Swim  
15.30- 18.30 Open Swim (Children permitted)  
18.30- 22.30 Adult Swim

### Weekly Times and Activities:

#### Friday

06.00- 09.30 Adult Swim  
09.30- 11.30 Open Swim (Children permitted)  
11.30- 16.00 Adult Swim  
15.30- 18.30 Open Swim (Children permitted)  
18.30- 22.30 Adult Swim

#### Saturday

07.00- 10.00 Adult Swim  
09.30- 12.00 Open Swim (Children permitted)  
09.30- 12.00 Swimming Lessons  
12.00- 16.00 Adult Swim  
12.00- 13.00 Aqua Aerobics  
16.00- 18.00 Open Swim (Children permitted)  
18.00- 22.30 Adult Swim

#### Sunday

07.00- 10.00 Adult Swim  
10.00- 12.00 Open Swim (Children permitted)  
12.00- 16.00 Adult Swim  
16.00- 18.00 Open Swim (Children permitted)  
18.00- 22.00 Adult Swim

### **Member / Guest information:**

Please note, the following times maybe subject to change pending usage or the implementation of any additional activities. Details on these additional activities will be featured on the 'Swimming Information' notice board.

### Important Information

- In the interests of health and hygiene please inform reception if your child has an illness.
- Babies and toddlers who are not toilet trained must wear special swim nappies (These can be purchased at reception).
- Please encourage your child to go to the toilet. Accidents do happen but we try to maintain a high level of hygiene.
- No glass is to be taken through or poolside.
- No soaps or shampoos are to be taken through onto poolside.
- Members are reminded to adhere to all of our poolside rules and regulations that are listed in the club literature. If you are unsure please seek advice from a member of staff.