

**Pool Programme Subject to Changes at Mangement Discretion**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun					
<b>20M Pool</b>												
6.30-7.00								6.30-7.00				
7 - 7.30								7 - 7.30				
7.30 - 8								7.30 - 8				
8 - 8.30								8 - 8.30				
8.30 - 9								8.30 - 9				
9 - 9.30							Lessons	9 - 9.30				
9.30 - 10	Leisure Swim/ Parent & Toddler	Leisure Swim/ Parent & Toddler		Leisure Swim	Leisure Swim/ Parent & Toddler	Lessons		9.30 - 10				
10 - 10.30			Leisure Swim/ Parent & Toddler				Leisure Swim	10 - 10.30				
10.30 - 11								10.30 - 11				
11 - 11.30								11 - 11.30				
11.30 - 12	Adult Swim/Disability & Additional needs.								11.30 - 12			
12 - 12.30								Leisure Swim	12 - 12.30			
12.30 - 13									12.30 - 13			
13 - 13.30	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim	Leisure Swim				13 - 13.30			
13.30 - 14										13.30 - 14		
14 - 14.30							Leisure Swim & Good Boost		Leisure swim & Good Boost	Leisure Swim	Leisure Swim	14 - 14.30
14.30 - 15											14.30 - 15	
15 - 15.30						Leisure Swim					15 - 15.30	
15.30 - 16											15.30 - 16	
16 - 16.30									Leisure Swim	Lessons	16 - 16.30	
16.30 - 17											16.30 - 17	
17 - 17.30											17 - 17.30	
17.30 - 18											17.30 - 18	
18 - 18.30								18 - 18.30				
18.30 - 19								18.30 - 19				
19 - 19.30	Clubs	Clubs	Family Float	Clubs	Clubs	Clubs	Clubs	19 - 19.30				
19.30 - 20											19.30 - 20	
20 - 20.30								Family Float	Female only			20 - 20.30
20.30 - 21												20.30 - 21
21.00-21.30	Pool Closed							21.00-21.30				
21.30-22.00	Pool Closed							21.30-22.00				

**Admittance Policy**

The 20m Pool is for all families. Any children under the age of 8 years old must be accompanied by an adult. One adult per two children. If two under 5's are with one adult at least one child needs to have some kind of floatation equipment. (vest/ring etc)

The responsible person must be in water and fully supervise the child/ren at all times during the visit to the facility.

**Pool Safety Information**

In the interest of hygiene we ask all customers to shower prior to swimming.

You are requested not to swim for 14 days following sickness or diarrhoea.

Due to depth of the main pool all swimmers must be able to swim 25m.

Inform a lifeguard if you have any medical conditions.

Listen out for lifeguard instructions and emergency alarms.

Babies and Toddlers must wear protective nappies in the water, these are available to purchase from reception.

**Pool Temperatures**

Main pool/Fun Pool End/Diving End - 28.5 °C

20M Pool - 30°C

Under 8's Pirate Pool - Between 29°C and 31°C