

## For a safe and enjoyable swim please follow these simple steps:-

### Please refrain from swimming if you have:-

- A cold
- Ear, viral or throat infection
- Sickness
- Diarrhoea
- or any contagious condition

### Before entering the pool please:-

- Place all clothes and towels in a locker
- Use toilet facilities
- Shower

### Swimwear:-

Only use recognised swimwear (discretion will be used in exceptional cases)

### Children:-

Whilst in the Pool please make sure you and your children abide by the rules set out on the poolside

Children must be accompanied by an adult with the following ratios:

- 2 children (aged 4 - 7) to 1 adult
- 1 child (under 4) to 1 adult

Adults must be within arm's reach of the child/ren at all times

Please note children are not permitted into the pool after 7.00pm Monday to Thursday.

Friday evenings from 5.00pm youth group session and adult and family session only.

Please note that armbands will not be issued during public sessions.

### After your swim please ensure you have a shower

### Smoking:-

The centre operates a no smoking policy.

### Photography Policy:-

Photography is not permitted unless prior written consent has been given by the Centre Manager.

### Mobile Phone Policy:-

Mobile phones are not permitted in the changing areas, or spectator and viewing areas at all times.

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# pool programme

March 2009/March 2010

AQUAFIT

SWIM DEVELOPMENT

POOL PARTIES

INFLATABLE SESSIONS

ADULT SWIM

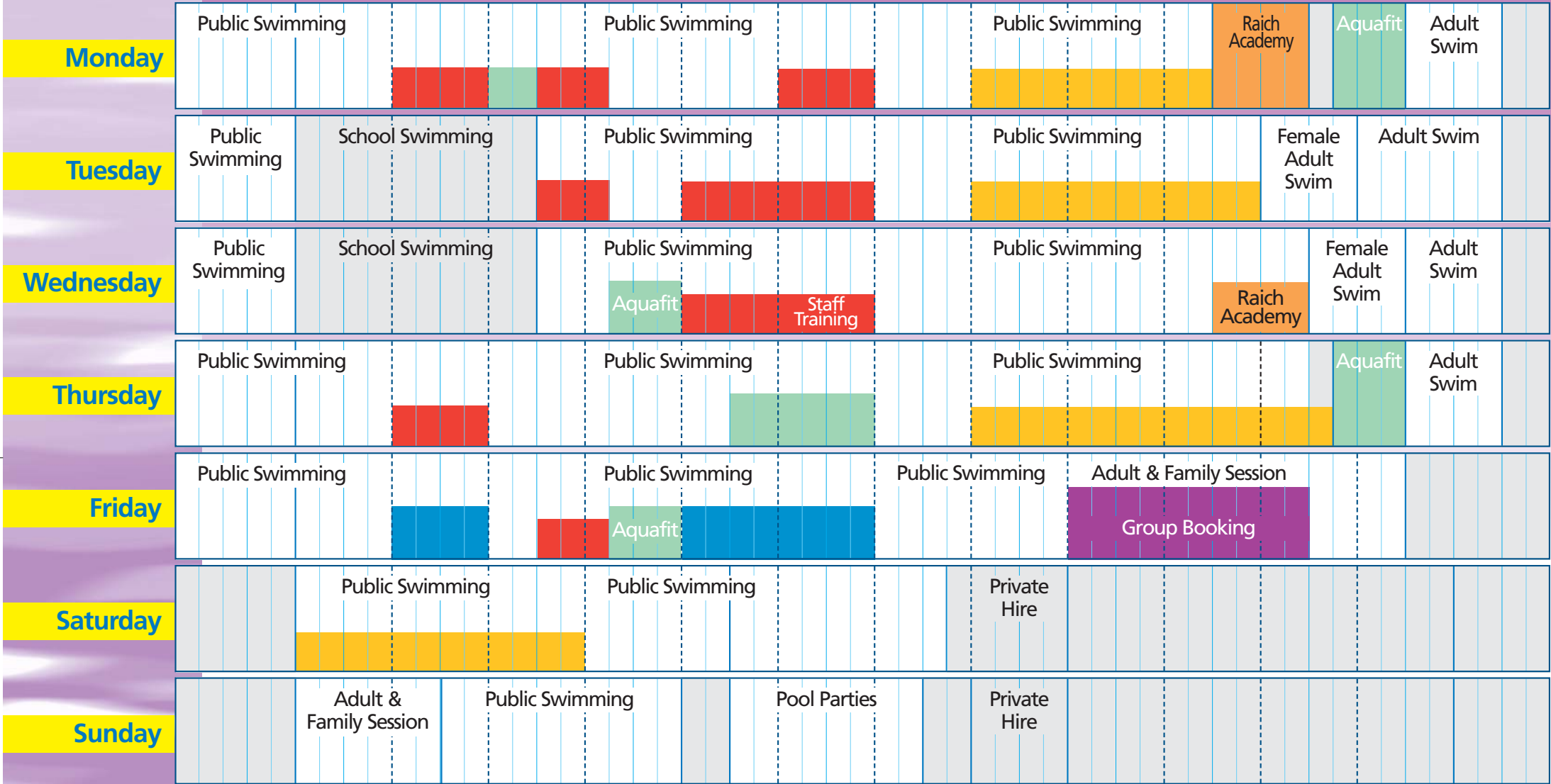


FEMALE ADULT SWIM

RAICH ACADEMY



7.30 am 8 am 8.30 am 9 am 9.30 am 10 am 10.30 am 11 am 11.30 am 12 noon 12.30 pm 1 pm 1.30 pm 2 pm 2.30 pm 3 pm 3.30 pm 4 pm 4.30 pm 5 pm 5.30 pm 6 pm 6.30 pm 7 pm 7.30 pm 8 pm 8.30 pm 9 pm 9.30 pm



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The management reserve the right to cancel or alter sessions. We will, however, endeavour to give two weeks notice.



# pool programme

During school holidays school swimming reverts to public swimming

- Blue: School swimming - 3 lanes available for public swimming
- Yellow: Swim development - 15 metres or 4 lanes available for public swimming
- Green: Group booking - 3 lanes available for public swimming
- Red: Group booking - 4 lanes available for public swimming
- Grey: Closed
- Orange: Swim development - Raich Academy
- Purple: Group booking - 2 swim lanes available for public

