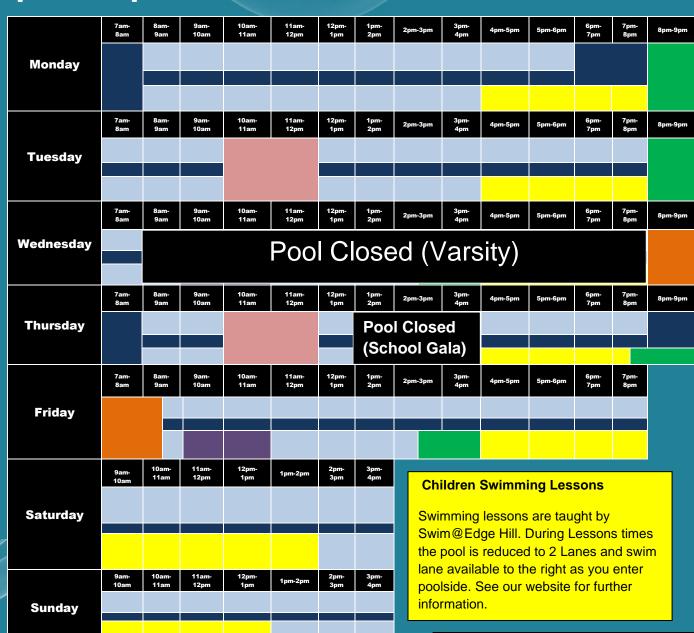
## **Swimming Pool Timetable**



### **Apr 15 - Apr 21**



#### **Public Swim**

Open for all customers for casual swimming. Please refer to reception/website for children supervision ratio and prices



# Lane Swimming (Maximum 10 swimmers per lane)

A lane is provided throughout public swimming sessions for lane swimming.

Advertised Lane swimming sessions are for adults and children if they can swim continuous lengths. (approx. 400m).

#### **Ad Hoc Bookings**

For one off bookings throughout the month for example monthly Lifeguard Training or one-off sessions.

# Pool Maintenance

Pool closed 10-12pm for General maintenance to be undertaken.

#### **Adult Swim for Events**

Twice weekly adult swimming for events. The instructor led session provides intermediate to advanced adults (it is recommended that you should be able to swim 400m comfortably) an opportunity to develop their swimming technique, stamina and fitness. Swimmers will be coached on technique and conditioning through a range of suitable drills and practices based on the Swim Smooth program. Bookings available online.

#### **Active Edge**

Between 9-11am over 60's can purchase a swim session at a reduced rate. Please enquire at reception.