



Health.
 Physiotherapy
 Sports Therapy
 Dietician
 Pru Health
 Osteopathy
 Chiropractor
 GP Referral

Fitness.
 Fully Equipped Gym
 20m Swimming Pool
 Sports Hall
 Sauna
 Steam
 Jacuzzi
 Studios

Life.
 Café
 Bar
 Social Events
 Shop
 Holistic Therapist
 Beautician & Therapist
 Affiliates

Key:-

Swim Lessons – Please note that during this time the pool will also be used for swimming lessons.

Swim Lessons are available for either adults or children and are taught by ASA qualified swimming instructors and follow the ASA National Plan for Teaching Swimming.

Aqua / Aqua Zumba – Please note that during this time the pool will also be used for Aqua Aerobics.

A 45 minute session held in the Pool. The class consists of gentle strengthening and toning exercises for the whole body using the resistance of water. You will be working to improve your flexibility and to release any stiff joints or muscle tension. All abilities welcome-give it a try!

Family Swim - Members may take their children to swim in the pool between 10.30 and 13.30 on Saturdays and Sundays. There is no charge and the children must be over the age of 4 and accompanied by their parents in the pool at all times. Children are **NOT** allowed in the Jacuzzi and will be asked to move.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6.30 - 10.00	Members Only Swimming	Members Only Swimming	Members Only Swimming	Members Only Swimming	Members Only Swimming	Open at 9am				
10.00 - 14.00						Members Only Swimming	Members Only Swimming	Members Only Swimming	Swim Lessons 09.00 – 17.00	Swim Lessons 09.00 – 17.00
14.00 – 16.00										
16.00 – 18.00	Members Only Swimming	Members Only Swimming	Aqua 17.30 - 18.15	Aqua Zumba 17.30 - 18.15	Members Only Swimming	Private Hire Available	Private Hire Available			
18.00 – 20.00								Members Only Swimming	Members Only Swimming	Members Only Swimming
20.00 – 22.00			Members Only Swimming	Members Only Swimming						

Please note: 1-to-1 Swimming Lessons can take place at various times throughout the week and will only take up 1 lane.



INSTRUCTIONS FOR THE SAFE USE OF THE POOL FACILITIES



**No
Running**



This pool
is not
supervised



Children under 16
must be accompanied
in the water by
a parent or adult



Push button
in
emergency



**No
Diving**

www.parkclub.co.uk

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