

# Pool guidelines

- Swimming pools can be hazardous. Water presents a risk of drowning and other injuries. As this pool is unsupervised please adhere to the following:
- Children under 16 must be directly supervised by an adult (18+)
- Children have to be a minimum of 12 weeks and above to use the pool
- For family swim 2 children per adult only
- The pool is 1.2m deep and does not permit diving
- Never swim after a heavy meal or after alcohol
- Do not hold your breath and swim long distances under water
- Do not swim alone if you have a medical condition, such as epilepsy, asthma, diabetes, or heart problems
- No unruly behaviour including running on poolside, ducking, bombing and fighting

As this pool is unsupervised avoid swimming on your own, it is safer to swim with a friend. If any swimmer gets into difficulty, please call for help by pressing the alarm indicated on poolside. A trained member of staff will respond to poolside immediately

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## Lane closures

Please note that one lane may be closed from 9am to 3pm on weekdays to allow for 1:1 swimming lessons with Tri Swim. These are bookable via the Tri Swim external website.

We reserve the right to close of lanes at any time.

## Session descriptions

Swim School - Swim School lessons are available for either adults or children and are taught by qualified swimming instructors. We follow the Swim England plan for teaching swimming. For more information please contact reception.

School Swim Lessons - Term time only. Whole pool closed for school swimming lessons

Family Swim - For members and their children only. There is no charge for this session. Children have to be a minimum of 12 weeks old and accompanied by their parent in the pool at all times - maximum of 2 children per adult

Swim Kidz - Term time only. Swimming lessons for babies and toddlers. Bookable through Swim Kidz external website