

# Swimming pool timetable

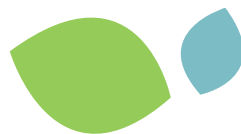


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am - 9am	Adults only						
9am - 10am	General swim						
10am - 2pm	Flexi session						
2pm - 4pm	General swim						
4pm - 6pm	Splash time						
6pm - 7pm	General swim						
7pm - 8pm	Adults only				General swim	Adults only	
8pm - 9pm					Adults only		

 Flexi session

Please check weekly for notice board updates regarding these sessions , this session will be used for activities additional splash times and schools programme throughout the year.

# Swimming Pool Information



## Child supervision:

### Swimming Pool Supervision Ratios

- All children from the age 0 – 3 years must be accompanied in the pool by a responsible adult on a ratio of 1 adult to 1 child. However the ratio can be extended to 1 adult to 2 children if all children are wearing a suitable buoyancy aid.

- All children aged 4 - 10 years must be accompanied in the pool at all times by a responsible adult on a ratio of 1 adult to 2 children.

- All children aged 11 – 15 years may swim without adult supervision, however an adult must stay on site at all times. (All non-swimmers aged under 15 must be accompanied in the pool by a responsible adult in the water at all times at a ratio of 1 adult to 2 children)

Sauna and steam room use is for users aged 16 and over only, and the spas by those aged 8 and above. You and your children use the pool facilities at your own risk. Lifeguards are in attendance at the pool for safety reasons; they are not responsible for the supervision of any children, who remain the responsibility of their parent/guardian at all times.

## Nappy use

Please ensure that children of a nappy wearing age are wearing a specialist swim nappy (available to purchase from onsite shop); normal nappies are not permitted. FAILURE TO DO SO MAY RESULT IN CLOSURE OF THE POOL.

## Pool capacity

The swimming pool has a maximum capacity of 85 people. If this number is reached, the guest service advisor will place you in a queue and liaise with the pool lifeguards to operate a safety entry system. No swimming pool day passes will be sold during busy times.

## Personal valuables and locker use

Please ensure you use a locker for a returnable £1.00 coin. Please be aware that any unlocked items are solely your responsibility and not that of Whitemead Forest Park. This includes leaving any shoes or items on the shoe racks.

## Pushchairs and wheel chairs

Pushchairs and wheel chairs are not allowed in the swimming pool changing rooms or onto poolside. Please remove valuables from pushchairs and leave by the area next to the lift. There is a wheel chair on poolside to use when required. Please ask a guest service advisor for more information.

## Swimming pool and gym information

### Swimming pool and gym opening times:

**Monday to Thursday 7.30am to 8pm**

**Friday 7.30am to 9pm**

**Saturday and Sunday 7.30am to 8pm**

All gym users must sign in at guest services. Gym use is permitted for Full Escape members and on-site residents (16yrs+). For access to the gym, Escape members and on-site guests must complete a "Gym Guidelines" introduction form. All users must abide by the gym rules displayed.



For more information

call **01594 560415** or visit **whitemead.co.uk**