



Booking Guide

Main Pool

- Laned and split in two (faster / slower) - maximum 10 per lane
- Swimmers will follow the black lines on the pool floor in a clockwise direction
- Spaced at 3 meters between each swimmer (controlled entry by lifeguards)
- If the swimmer becomes tired, they are to go to the side of the pool and exit

You are able to pre book as from Tuesday 28th July

Pre book 7 days in advance Monday to Friday Swimming times

START	FINISH	CLEAN
7.00am	8.00am	30 minutes
8.30am	9.30am	30 minutes
10.00am	11.00am	30 minutes
11.30am	12.30pm	30 minutes
1.00pm	2.00pm	30 minutes
2.30pm	3.30pm	30 minutes
4.00pm	5.00pm	30 minutes
5.30pm	6.30pm	30 minutes
7.00pm	8.00pm	30 minutes
8.30pm	9.30pm	

Pre book 7 days in advance Saturday, Sunday & Bank Holidays Swimming times

START	FINISH	CLEAN
9.00am	10.00am	30 minutes
10.30am	11.30pm	30 minutes
12.00pm	1.00pm	30 minutes
1.30pm	2.30pm	30 minutes
3.00pm	4.00pm	30 minutes
4.30pm	5.30pm	30 minutes
6.00pm	7.00pm	

Arrival & information

- You will be manually logged in
- Your details will be checked – name/address/email/mobile/telephone and ensure payment is correct
- You will be issued with a locker key (social distance)
- You will have one hour to change, swim and change
- A whistle will be blown 15 minutes before the hour is up then 5 minutes later for the swimmers to vacate the pool
- Each swimmer must vacate the changing rooms by the end of their allocated hour slot

We really appreciate your cooperation and welcoming you back!