

## 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

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	

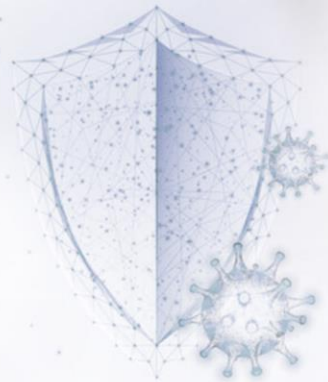
Pre book 7 days in advance Saturday, Sunday & Bank Holidays Swimming times

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!**



## Booking Guide

### Gym

- There will be a maximum number of people allowed in the gym at one time
- Gym goers will follow any signage or directional markings on the floor
- Equipment will be marked off with tape on the floor, if someone is in a marked off area you are not allowed to enter their space
- Prior to using a piece of equipment, you must completely clean it off with the sanitizer and wipes provided and repeat the cleaning process after your session
- You will be able to move to different workout areas but you must wait until that area/machine has become free and you have sanitized your area thoroughly before and after

### Classes

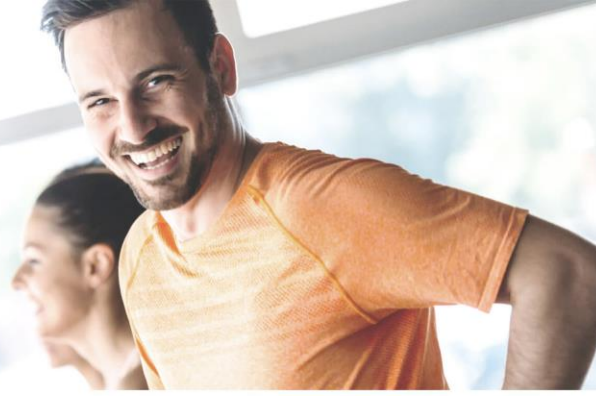
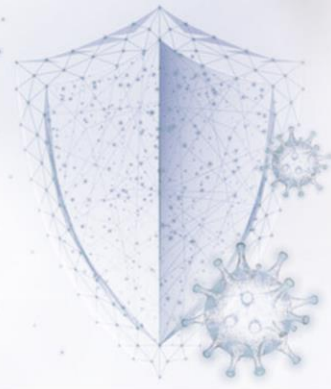
- There will be a maximum of 10 people allowed in the studio for indoor classes and a maximum of 10 in the leisure pool for aqua aerobics
- If you are attending a class, please follow the directional markings, be it to the studio or around the pool area
- In the studio you will find a marked-out square to workout in but you cannot use or go into another person's workout space
- In the leisure pool for aqua you will maintain normal social distancing measures which your instructor will help control and organise

Pre book 7 days in advance, Monday to Friday swim and gym 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 swim and gym 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 for gym use**

- You will be manually logged in
- Your details will be checked – name/address/email/mobile/telephone and ensure payment is correct
- You will head straight to the gym and have 1 hour to use the facilities
- You will be prompted 5 minutes before your time is up to finish your workout
- Each gym goer must vacate the facility by the end of their allocated hour slot

**Arrival & information for classes use**

- You will be manually logged in
- Your details will be checked – name/address/email/mobile/telephone and ensure payment is correct
- You will head straight to the area where your class is taking place
- After the class you will leave promptly so we can prepare for the next class

**We really appreciate your understanding, cooperation and welcoming you back!**