

### Junior Members & Guests

All children aged 15 and under must be accompanied by an adult (18+) at all times. Members and Guests under 18yrs old can access the pool area from **0800-2000 only** (1900 on Sat/Sun)

Juniors **aged 14 and under** are not permitted to use the sauna, steam room or spa pool.

### Junior Gym Programme

Junior Gym admittance for members and guests is between **0800 - 2000 only** (**1900 on Sat/Sun**)

To book an induction please contact the Health Club Reception: 01579 352003 or speak to a member of our gym staff today.

## FEBRUARY SWIMMING POOL ACTIVITIES



### HEALTH CLUB OPENING TIMES

Monday-Thursday  
06.30-22.00

Friday 06.30-21.00  
Saturday & Sunday  
08.00-20.00

### SPA OPENING TIME

Monday-Saturday  
09.00-20.00

**Sunday**  
09.00-17.00



**MONDAY**

**10.00-10.45 Aqua Aerobics (Half Main Pool)**

**TUESDAY**

**11.00-11.45 Aqua Aerobics (Half Main Pool)**  
**12.30-15.00 Waterbabies \* (Not 19th)**

**WEDNESDAY**

**11.45-12.30 Aqua Aerobics (Half Main Pool)**  
**13.15-14.20 School Swim \*\* (Not 20th)(St Dominick)**  
**20.00-Closed Jacuzzi closed**

**THURSDAY**

**09.45-10.30 Aqua Zumba (Half Main Pool) (1 swim lane in pool)**  
**11.00-11.45 Aqua Aerobics (Half Main Pool)**  
**12.30-14.30 Waterbabies \* (Not 21st)**  
**19.00-19.40 Waterbumps (Half Leisure Pool) (Not 21st)**

**FRIDAY**

**09.00-10.00 Tadpoles \* (Not 22nd)**  
**10.30-11.15 Aqua Aerobics (Half Main Pool)**  
**13.00-14.20 School Swim \*\* (Not 22nd) (St Mellion)**

**SATURDAY**

**14.30-15.30 Birthday Party \* (Half Leisure Pool)( 23rd Feb)**  
**17.00-18.00 Wet and Wild \*\*\***

**SUNDAY**

**10.00-11.00 Wet and Wild \*\*\***  
**13.30-14.30 Wet and Wild \*\*\***

**Key:** \* Half leisure pool being used  
\*\* Whole main pool being used  
\*\*\* Whole leisure pool being used

**SWIMMING LESSONS**

**Monday with Neil**

11.00-18.30 Individual M or L pool  
18.30-19.00 Improver 2 Main pool

**Tuesday with Neil**

11.00-19.00 Individual M or L pool  
16.00-16.30 Beginners Leisure pool  
16.30-17.00 Beginners Leisure pool  
17.00-17.30 Improver 1 Main pool  
17.30-18.00 Improver 1 Main pool  
18.00-18.30 Improver 2 Main pool  
18.30-19.00 Individual Main pool  
19.00-19.30 Improver 3 Main pool

**Wednesday with Neil**

10.30-18.00 Individual M or L pool  
18.00-18.30 Improver 2 Main pool  
18.30-19.00 Improver 3 Main pool

**Thursday with Neil**

14.00-19.00 Individual M or L pool  
17.30-18.00 Improver 1 Main pool  
18.00-18.30 Improver 2 Main pool  
18.30-19.00 Improver 2 Main pool  
19.00-19.30 Improver 3 Main pool

**Friday with Neil**

14.00-19.00 Individual M or L pool

**Sunday with Neil**

09.00-17.45 Individual M or L pool

Half Term Swimming Lessons with NEIL ( 18th- 24th Feb)

Mon 18th 1100 - 1500  
Tue 19th 1200 - 1600  
Wed 20th 1000 - 1400

**Admission Policy**

- One adult (18 yrs +) must be in the water with a maximum of two children aged 0-7 yrs. (More children are allowed if 8 yrs +)
- One adult (18yrs +) must be in the pool hall to supervise children 8-11 yrs
- One adult (18yrs +) must be present in the clubhouse & contactable for children aged 12-15 yrs using the pool hall
- One adult (18yrs +) must be within the gym rooms supervising their children between the ages of 12-15yrs \*
- All 16 & 17 yr olds can use the pool & gym halls unsupervised between 8am & 8pm
- Only 18 yrs + can use the club before 8am and after 8pm.
- Children 14 yrs and under are not permitted to use the Spa pool, Sauna and Steam Room.