

Something for everyone



Sauna

The sauna is situated off the deep end of the pool, please use the swimming changing rooms. Minimum age 16 years. Sauna is open at the same time as Public Swim Sessions only.

Lane Swimming

Two/three lanes operate on:
 Weekdays 7.00 – 8.30am 12.00 – 1.30pm
 5.45 – 7.30pm
 Saturday 2.00 – 3.00pm
 Sunday 1.00 – 2.00pm 6.00 – 8.00pm

Pool & Sauna Price List

Under Fives	FREE
Junior (5-15yrs)/Students/60+	£2.50
Pool Inflatables Sessions	£2.50
Adult Swim	£3.60
Family Swim (2 Adults/2 children)	£9.70
Adult Sauna & Swim	£5.30
Student/60+ Sauna & Swim	£4.60
Members	FREE

Special Swim Sessions

Adults only £3.60
 Ladies only (Wed 2.00-3.15pm) £3.60
 Please note that complete privacy cannot be guaranteed for this session. Whilst reasonable attempt will be made to provide a female lifeguard, this cannot always be guaranteed.
 Fit 'n' Fifty - 50 - 59yrs - Adult rate £3.60
 Over 60's only £2.50
 Friday Family Fun Session £7.70 (Fri 5.45-7.00pm)

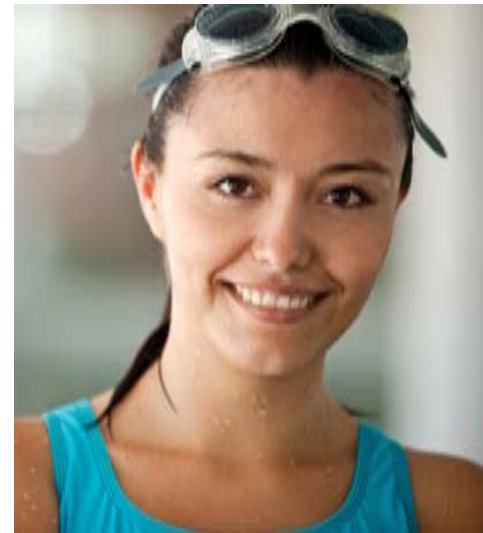
Nappy Policy

For health and hygiene reasons, all babies and children who are not potty trained must wear a swimming nappy when using the pool. Swimming nappies can be **purchased at Customer Service**



Safety Notice

Children aged under 8 must be accompanied in the water by an adult (16+ yrs).
 Adult to child ratio:
 Children under 5's 1 adult to 1 child
 Children aged 5 - 7 years, 1 adult to 2 children



Adult Swimming Lessons

Wednesday 8th September - 15th December (14 weeks)
 No lessons 27th October – Half Term

Non-Swimmer	11.00 – 11.30am	Jeanette
Beginner	11.30 – 12 noon	Jeanette
Improver	11.30 – 12 noon	Malcolm

Saturday 11th September - 18th December (14 weeks)
 No lessons 30th October – Half Term

Non-Swimmer	8.00 – 8.30am	Steve
Beginner	8.00 – 8.30am	Jeanette
Improver	8.00 – 8.30am	Sharon

Course Fees

14 week term **£63.70**

One to One Lessons available **£16.75** per lesson

Book and pay for 5 lessons and get one FREE.

For details of levels and enrolment information, please ask at Customer Service.

Pool Timetable

Term Time The swim timetable will be subject to slight change during the school holidays see page 15.

Day	7-8.30am	8.30-10am	10-11am	11-12noon	11-1.30pm	1.30-3.15pm	3.15-5.45pm	5.45-7.30pm	7.30-9pm	9-10pm
Monday	Adults Only	School Use			Public Swim	Adults Only	Lessons	Public Swim	Dolphins Swimming Club	Triathlon Club
Tuesday	Adults Only	School Use	Deep Water Aqua Fit	Aqua Fit	Public Swim	Lessons	School Use	Lessons	Public Swim	Bournemouth Swimming Club
Wednesday	Adults Only	School Use	Lessons	Lessons	Public Swim	Ladies Only	Lessons	Public Swim		Dolphins Swimming Club
Thursday	Adults Only	Public Swim	School Use		Public Swim	School Use	Lessons	Public Swim	Public Swim	Adults Only
Friday	Adults Only	School Use	Deep Water Aqua Fit		Public Swim	School Use	Fit 'n' Fifty	Lessons	Family Fun & Public Swim	B'mth Lifeguards
Saturday	Dolphins 8am-9.45	Lessons	Public Swim	Inflatable Session		Public Swim		Disabled Swim Club		
Sunday		Public Swim	Private Hire Term Time Only	Inflatable Session	Public Swim		Party Hire		Public Swim	

Key: Public Swim (Blue), Special Swim Sessions (Yellow), Deep Water Aqua (Dark Blue), Staff Training (Red), Swim Lessons (Purple), Club Hire (Green), Aqua Fit (Dark Purple)