

Pool Timetable

Gala Pool Timetable Sunday 29th December-Sunday 5th January

Please note there is currently no booking system for swimming
There will be a 5 minute closure between each session to allow for lane ropes to be changed over

Date	Pool	06:30	06:45	07:00	07:15	07:30	07:45	08:00	08:15	08:30	08:45	09:00	09:15	09:30	09:45	10:00	10:15	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
Sun 29th Dec	Gala Pool			Aqua Fit		Lane Swim		Open Swim														Aqua Challenge		Aqua Challenge		Aqua Challenge		Lane Swim																																			
	Training Pool			Lane Swim		Open Swim														Open Swim		Open Swim																																									
Mon 30th Dec	Gala Pool	Lane Swim				Open Swim						Lane Swim		Aqua Challenge		Aqua Challenge		Open Swim						Lane Swim																																							
	Training Pool	Lane Swim				Open Swim						Aqua Splash		Open Swim		Open Swim																																															
Tue 31st Dec	Gala Pool	Lane Swim				Open Swim						Lane Swim		Aqua Challenge																																																	
	Training Pool	Lane Swim				Open Swim						Aqua Splash		Open Swim		Physio																																															
Wed 1st Jan	Gala Pool	Whole Centre Closed																																																													
Thu 2nd Jan	Gala Pool	Lane Swim				Open Swim						Lane Swim		Aqua Challenge		Aqua Challenge		Open Swim						Aqua Fit		Lane Swim																																					
	Training Pool	Lane Swim				Open Swim						Aqua Splash		Open Swim		Open Swim																																															
Fri 3rd Jan	Gala Pool	Lane Swim				Open Swim						Lane Swim		Aqua Challenge		Aqua Challenge		Open Swim						Lane Swim																																							
	Training Pool	Lane Swim				Open Swim						Physio		Open Swim		Open Swim																																															
Sat 4th Jan	Gala Pool			Aqua Fit		Lane Swim		Open Swim														Aqua Challenge		Aqua Challenge		Aqua Challenge		Lane Swim																																			
	Training Pool			Lane Swim		Open Swim														Open Swim		Open Swim																																									
Sun 5th Jan	Gala Pool			Aqua Fit		Lane Swim		Open Swim														Aqua Challenge		Aqua Challenge		Aqua Challenge		Lane Swim																																			
	Training Pool			Lane Swim		Open Swim														Open Swim		Open Swim																																									

Pool Ratio with Children

Please note if you are planning to visit the pool with children, children aged under 8 must be accompanied by an adult (i.e. over the age of 16 years) on a maximum of a 2:1 ratio. We advise that they wear approved buoyancy aids.

Lane Swimming

Lane swimming sessions are for adults and children if they can swim continuous lengths. No non swimmers can attend these sessions.

Each lane will have a directional signage at the end to indicate the way that you swim up and back.

Please follow lane swimming etiquette when joining a lane swimming session.

Lifeguards are there for everyone's safety. If they ask you to adhere to a request please cooperate with them.

Aqua Challenge

Can you complete the Aqua Challenge? book online today!
www.eastbourneleisure.co.uk

Lessons

During Lessons times there are reduced Lanes available for swimming but the pool is still open to the public.

Our Swimming Lessons Programme runs 50 weeks of the year for ages 6 months up to adult lessons.

For more information on Lessons please visit our website
www.eastbourneleisure.co.uk or ask at reception.

Open Swimming

Everyone is allowed.

The use of pool floats is permitted but no balls.

Aqua Fit/Splash

Book workout classes via our website
www.eastbourneleisure.co.uk

Lane swimming etiquette

- People of different standards and abilities will use the pool. Please respect their right to enjoy their swim.
- Do not make physical contact with other participants.
- Swim in a lane appropriate to your swimming ability/speed.
- Please follow the direction of the lane boards and swim in single file. This will help to prevent accidents and ensure participants can maintain a safe social distance.
- If you are continually being passed or the one doing the passing please consider moving to a slower or faster lane.
- Lifeguards are there for everyone's safety. If they ask you to adhere to a request please cooperate with them.

Open swimming etiquette

- People of different needs will use the pool. Please respect their right to play or enjoy their swim.
- Floats are allowed but no balls.
- Do not make physical contact with other participants.
- Lifeguards are there for everyone's safety. If they ask you to adhere to a request please cooperate with them.