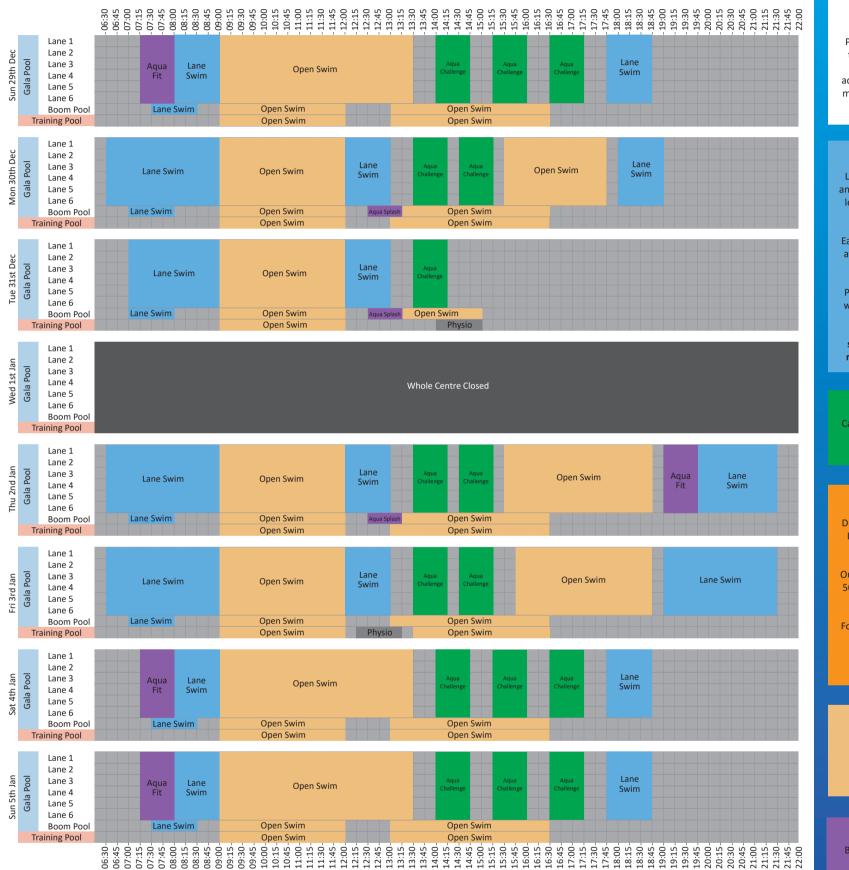
# **Pool Timetable**

# 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



**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 Agua 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

### 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.

🔆 For the latest info visit... www.eastbourneleisure.co.uk

