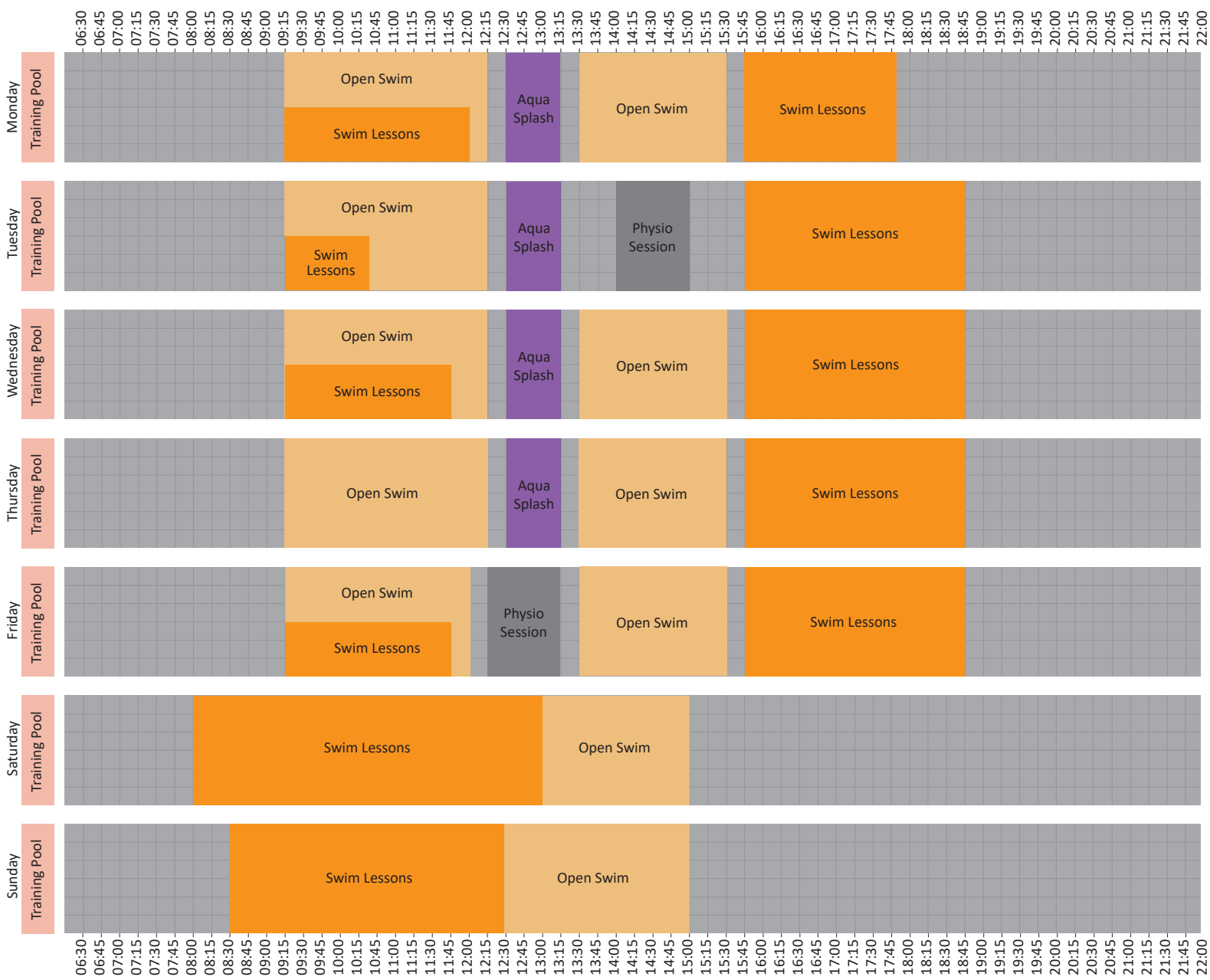
Pool Timetable

Training Pool Half Term Time Timetable

Please note there is currently no booking system for swimming



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.

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

School Swimming

Private use by local schools for their children's swimming lessons.

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

SOVEREIGN centre