



Swimming Pool Opening Times

Please Note That the Swimming Pool Is Open Each Day
At The Following Times

Monday and Friday: Adults: 6.30am to 9.30pm
Children: 9am to 12pm and 3pm to 6pm

Weekends & Bank Holidays: Adults: 9am to 7pm
Children: 9am to 12pm and 3pm to 6pm

Children's Admission: Children aged 5 Years and Under Must Have an Adult Family Member in the Pool with Them At All Times. Those Aged 6 to 10 Years Must Have An Adult Family Member On The Pool Deck With Them. Those Aged 11 to 16 Years Must Have An Adult on The Health Club Premises.

Fitness Suite Opening Times

Please Note That The Fitness Suite Is Open To Those **Aged 16 Years and Over**
Each Day At The Following Times:

Monday to Friday: 6.45am to 9.30pm

Weekends & Bank Holidays: 9am to 6.30pm

A Health History Questionnaire and Induction Must Be Completed Prior To First Use
Of Health Club.