### Safety Notes

* Children who are non swimmers must wear arm bands or buoyancy aids
* Children under 8 must be supervised by an adult in the water at all times

** Spa Details and Opening Times 18+ only **

- Sauna, Steam room, Spa pool, Showers and Relaxation area. £7.90 (includes a swim)
- Tuesday and Thursday from 18.00-20.00 (no swimming pool)
- Mon - Fri 9am - 9pm
- Sat 9am - 6pm
- Sun 9am - 7pm

** Swim Ratios **

- Off peak: 1 adult = max 1 child age 0-3 years or up to 2 children age 4-7 years
- Main pool: 1 adult = max 1 child age 0-3 years or up to 2 children age 4-7 years
- Peak times: Mon - Fri 8.30am - 4.59pm

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### Swim Timetable from August 5th - August 11th 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Early Lane Swimming</th>
<th>Public Swim</th>
<th>NNS</th>
<th>Lane Swimming</th>
<th>Float fun</th>
<th>50 + lane</th>
<th>Public Swim no non swimmers</th>
<th>Public Swim NNS</th>
<th>Booking</th>
<th>Adult swim 33m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-M</td>
<td>No Boom</td>
<td>Public Swim</td>
<td>Booking</td>
<td>P S</td>
<td>Float fun</td>
<td>Public Swim</td>
<td>Swim School</td>
<td>Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues-M</td>
<td>Early Lane Swimming</td>
<td>Public Swim</td>
<td>Lane Swimming</td>
<td>Float fun</td>
<td>50 + lane</td>
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<td>Public Swim NNS</td>
<td>Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed-M</td>
<td>No Boom</td>
<td>Public Swim</td>
<td>Float fun</td>
<td>Public Swim</td>
<td>Swim School</td>
<td>Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs-M</td>
<td>Early Lane Swimming</td>
<td>Public Swim</td>
<td>Lane Swimming</td>
<td>Float fun</td>
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<td>Public Swim no non swimmers</td>
<td>Public Swim NNS</td>
<td>Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri-M</td>
<td>No Boom</td>
<td>Public Swim</td>
<td>Float fun</td>
<td>Public Swim</td>
<td>Swim School</td>
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<td></td>
</tr>
<tr>
<td>Sat-S</td>
<td>Early Lane Swimming</td>
<td>Public Swim</td>
<td>Lane Swimming</td>
<td>Public Swim</td>
<td>50 + lane</td>
<td>Public Swim no non swimmers</td>
<td>Public Swim NNS</td>
<td>Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun-S</td>
<td>No Boom</td>
<td>Public Swim</td>
<td>Float fun</td>
<td>Public Swim</td>
<td>Swim School</td>
<td>Closed</td>
<td></td>
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<th>Booking</th>
<th>Adult swim 33m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-M</td>
<td>Closed</td>
<td>Public Swim</td>
<td>No Non Swimmers</td>
<td>Public Swim</td>
<td>Float fun</td>
<td>Public Swim</td>
<td>Swim School</td>
<td>PS</td>
<td>Closed</td>
<td></td>
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<tr>
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<td>Closed</td>
<td>Public Swim</td>
<td>No Non Swimmers</td>
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<td>Float fun</td>
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<td>Closed</td>
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<tr>
<td>Thurs-M</td>
<td>Early Lane Swimming</td>
<td>Public Swim 25M</td>
<td>Set up</td>
<td>Inflatable fun (Subject to change)</td>
<td>Set Down</td>
<td>C SWPC Closed to the public</td>
<td>C SWPC</td>
<td>Closed</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### Booking

- Adult swim
- 33m
- 50 + lane
- Public Swim
- NNS
- Booking

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### Peak times

- Mon - Fri 8.30am - 4.59pm

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** Please note our lockers are padlocks only, you can purchase one at the front desk for £4 or you are more than welcome to bring your own. We recommend a combination padlock up to 8mm in diameter.

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** Please note we also have a no shoe policy in our changing village, please could you remove all outside footwear before entering.**