

Swimming Lesson Guide



- Please arrive 5mins before the start of your lesson
- Arrive 'swim ready' wherever possible
- Please put Blue Shoes on when entering the Indoor Pool
- Please always follow the one-way system
- Changing rooms will be available post swimming lesson only
- Please bring your own towel
- Parents/guardians must wait in the Juice bar whilst the lesson is taking place
- Please follow the rules in place for each activity, they have been put in place to ensure Member comfort and safety

If you have any questions, please speak to a member of the Health Club team.

Luke Fenton
Health Club Manager