

# Swimming Guide



- Please book 3 days in advance to guarantee your space in the Pools
- Sessions are 45mins long and Members must be prompt in leaving the Pools so we can clean and sanitise before the next session
- Arrive 'Swim ready'
- Indoor Pool Swimmers must always follow the one-way system
- All swimmers must pre-shower before entering the pool
- All Lane Swimmers must Swim Clockwise and give way to faster or slower swimmers at the end of each lane
- Please bring your own towel
- Changing rooms are only available to Indoor Pool Swimmers Post Swim
- Outdoor Swim bookings must use the changing gazebos to change
- You can only use the Pool you have booked in that session
- Family Swimmers must all be from the same household
- Please be careful and considerate when making bookings to ensure you only book one Swim slot
- Please provide as much notice as possible when cancelling activities to allow other Members to make use of the space
- 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**