



## Aqua Class Monday 17<sup>th</sup> May

<b>Day:</b>	Thursday	<b>Day:</b>	Friday
<b>Time:</b>	11:05am – 11:45am	<b>Time:</b>	9:05am – 9:45am
<b>Duration:</b>	40mins	<b>Duration:</b>	40mins
<b>Instructor:</b>	Ayesha	<b>Instructor:</b>	Susanne
<b>Pool:</b>	Indoor Pool	<b>Pool:</b>	Indoor Pool
<b>Capacity:</b>	10	<b>Capacity:</b>	10

### Frequently Asked Questions ...

#### **Will I be able to change before my class?**

To begin with Members must still come 'Swim Ready' or 'Class Ready' and change on poolside.

#### **Why is the Class 40 minutes long and not 45 minutes?**

The duration of the class must run within a normal pool-booking session. This is to ensure there is not a crossover between different sessions and thereby increasing the number of Members attending sessions.

#### **May I do both Aqua Classes each week?**

*No.*

However, if there is space in the class on the day then Members can book to take part in the second class. We will review this after the first two weeks.

#### **Do I have to use the Changing Room?**

*No.*

If you would prefer to continue to dry off on poolside and leave via the Entrance Gate, you may.

#### **How many people will participate in the class?**

*Adults = 10 max at any one time*

**IMPORTANT:** *This is to meet social distancing guidance as advised by our Health and Safety Consultants.*

#### **Will the Aqua equipment be cleaned?**

Yes. All Aqua equipment will be sanitised after every class.

**Can I bring my own equipment for the class?**

Yes. This is recommended but we understand this is not always possible, so equipment will be available.

**Will I be able to use a Changing Room after the class?**

*Yes. If the class takes place in the Indoor Pool.*

Thank you.

If you have any questions, please speak to a Member of the Health Club Team or contact

Luke Fenton – Health Club Manager

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