



# School Holiday Swimming Timetable

LEISURE POOL | Please ask at reception for effective dates



**Colour guide:**

- General Swimming
- NPLQ Course
- Adults Only
- Slide & all features open
- Disabled
- CLOSED

Please ask at reception for full details on leisure pool features.

# Simple steps for HEALTHY SWIMMING



In partnership with  
Public Health England

Pool water is carefully treated to keep you healthy. But even the best-kept pool needs your help, so as not to introduce dirt and spread germs. If you're clean when you go in, less disinfectant is needed - and the water is nicer as well as safer.

## PLEASE TAKE THESE SIMPLE STEPS TO HELP HYGIENE

**DON'T SWIM IF YOU'RE ILL**  
You can spread germs in the water - especially if you have diarrhoea or are recovering from it.

**CLEAN YOURSELF**  
Shower with soap before you swim. Wash your hands after using the loo.

**DON'T PEE IN THE POOL**  
It's bad for the pool water. Use the loo first.

**DON'T SWALLOW**  
Pool water should be clean, but it's not for drinking - that's you or any children.

### AND PARENTS...

**DON'T SWIM IF YOU'RE ILL**  
Take children to the loo before they swim (and watch out while in the pool). Wash your child - especially the rear end - before they go in.

**NAPPIES ALERT**  
No nappies in the pool - proper swim nappies instead. Change nappies in the changing area - not poolside.



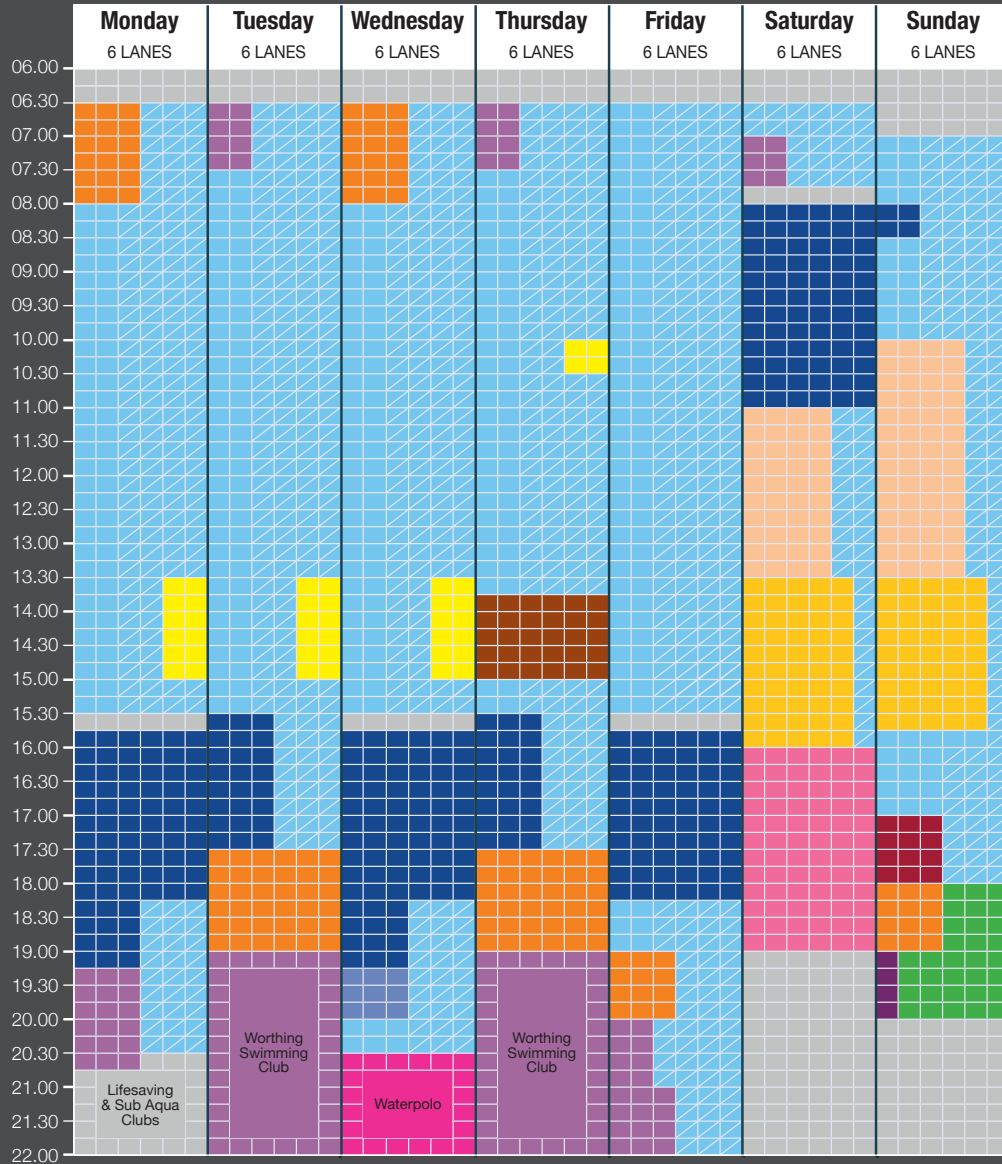
For more information visit [www.pwtag.org](http://www.pwtag.org)



[www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)

# Term Time Swimming Timetable

## MAIN POOL Variable depths



# Term Time Swimming Timetable

## TEACHING/DIVING POOL Variable depths



### Colour guide:

- General Swimming
- Lane Swimming
- Adult Lessons
- Adult Coaching
- Aqua Fit
- Aquaschool
- Disabled Lane
- Fun Time - Inflatables
- Fun Time - Mats
- Junior Coaching
- Parties
- Schools
- Staff Training
- Waterpolo
- WSC
- Public Diving
- Front Crawl Clinic
- CLOSED

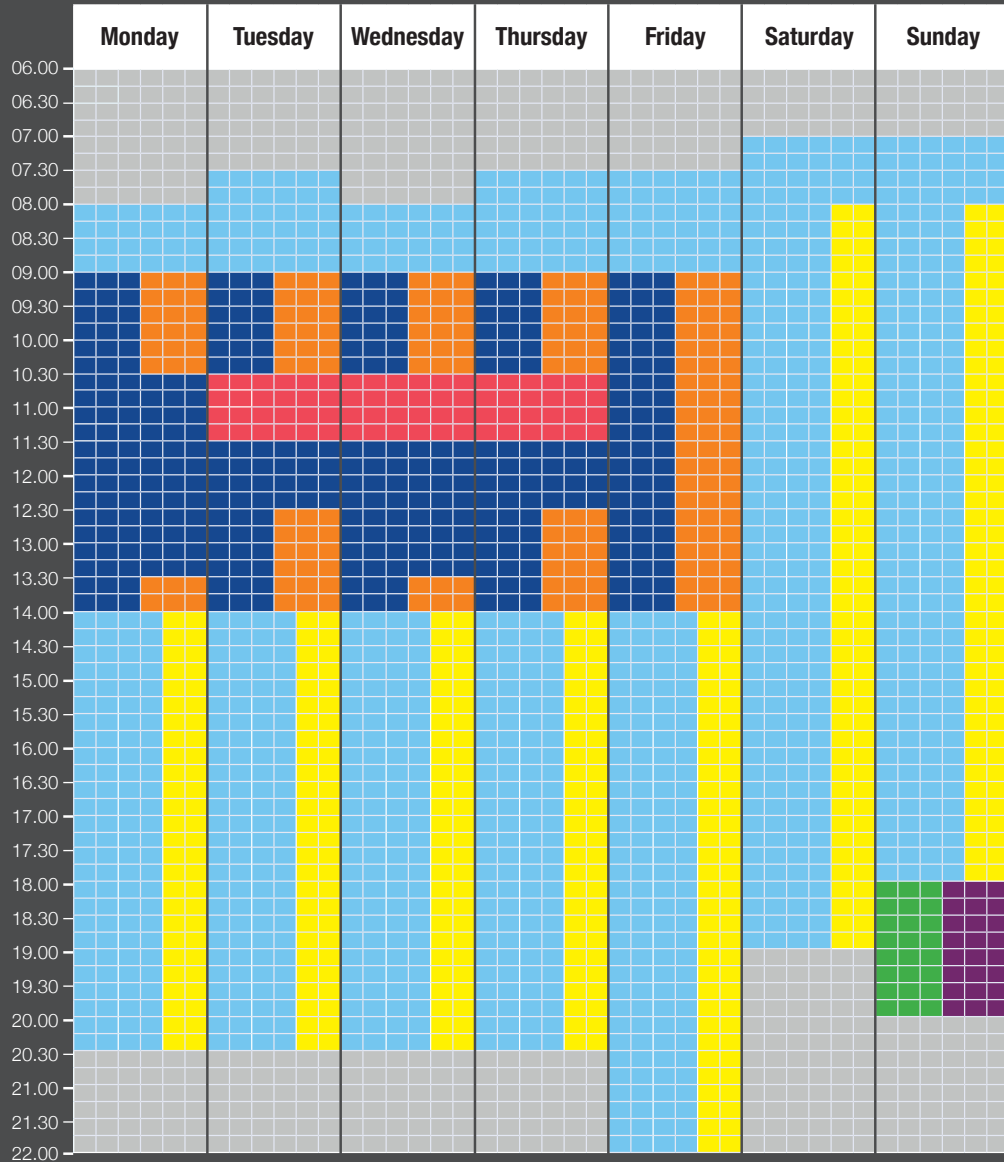
Please ask at reception for pool depths. Lanes are subject to change at the discretion of staff.



[www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)

# Term Time Swimming Timetable

## LEISURE POOL



### Colour guide:

- General Swimming
- Disabled
- Shallow Half of Pool Open for General Swimming with Pirate Ship Feature Only
- Adults Only
- Parent & Baby
- Slide & all features open
- Aquaschool
- CLOSED

Please ask at reception for full details on leisure pool features.  
 N.B. Slide Open from 14.00 Monday to Friday, 8.00 Saturday & Sunday.

# Simple steps for HEALTHY SWIMMING



In partnership with  
 Public Health England

Pool water is carefully treated to keep you healthy. But even the best-kept pool needs your help, so as not to introduce dirt and spread germs. If you're clean when you go in, less disinfectant is needed - and the water is nicer as well as safer.

## PLEASE TAKE THESE SIMPLE STEPS TO HELP HYGIENE

**DON'T SWIM IF YOU'RE ILL**  
 You can spread germs in the water - especially if you have diarrhoea or are recovering from it.

**CLEAN YOURSELF**  
 Shower with soap before you swim. Wash your hands after using the loo.

**DON'T PEE IN THE POOL**  
 It's bad for the pool water. Use the loo first.

**DON'T SWALLOW**  
 Pool water should be clean, but it's not for drinking - that's you or any children.

### AND PARENTS...

**DON'T SWIM IF YOU'RE ILL**  
 Take children to the loo before they swim (and watch out while in the pool). Wash your child - especially the rear end - before they go in.

**NAPPIES ALERT**  
 No nappies in the pool - proper swim nappies instead. Change nappies in the changing area - not poolside.



For more information visit [www.pwtag.org](http://www.pwtag.org)



[www.southdownsleisure.co.uk](http://www.southdownsleisure.co.uk)