

Please Remember:



Enjoy and have fun



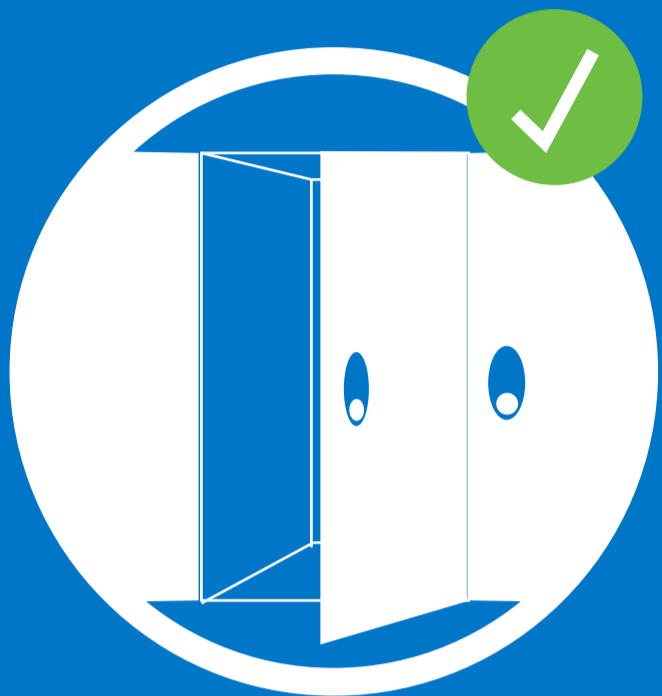
Wear swim session wristband



No photography or filming



No diving



Use the lockers provided to store items of clothing



Give important medical information to a lifeguard



No outdoor footwear (unless covered with blue bag)



No spectators by the poolside



Shower before & after swimming



Use outer safety steps / lifts to get in & out



No food & drink



No swimming under floats

Please Wear:

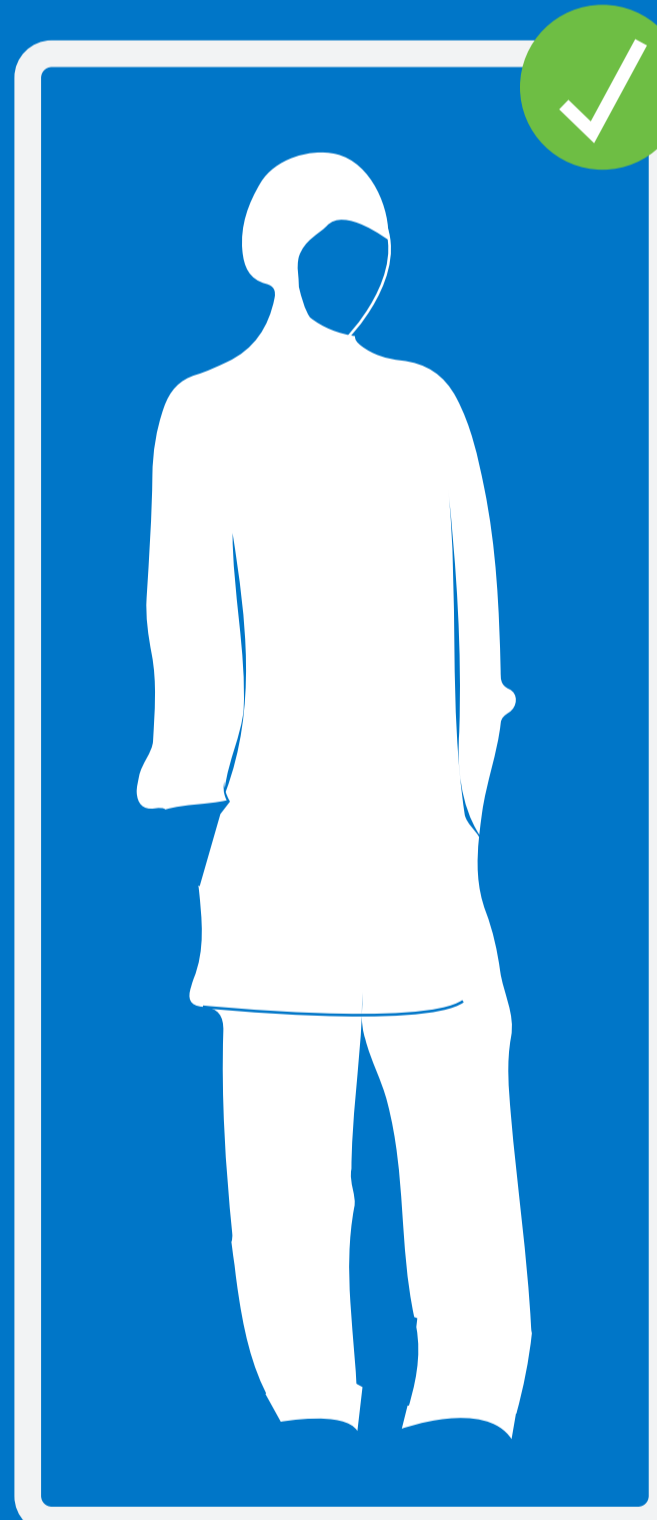
Please follow our guidelines on appropriate swimwear when using our facilities. If you have any questions, please ask a member of our team. Other items of clothing may be okay, please speak to a Manager before you go into the pool.



Two Part Swimsuit



Full Body Swimsuit



Hijood



Swimming Goggles



Swimming Shorts



Long Two-Part Swimsuit



Swimming Cap



Baby Wrap



Knee-Length Suit



Swimming Skirt with Wrap



Arm Swim Aids

Please Note:

Parent & child pool ratios: Children under 4 must be accompanied by an adult on a 1 to 1 basis. Children who can swim aged between 4 and 8 years must be accompanied by an adult on a 2 to 1 basis. Children who can swim aged 8 and over may use the pool without an accompanying adult.

Changes to sessions: On occasion sessions have to be cancelled or changed. This may be due to Bank Holidays and private bookings.

Subject to availability: Sessions run on a first come first serve basis with tickets only available 15 minutes prior to the session.

Floatation aids: We do not provide floatation aids during public sessions. Armbands can be purchased at reception.

Lifeguards: Lifeguards are responsible for keeping you safe and are available if you need any help.