



Summer Holiday pool timetable

24th July - 5th September 2010

health, fitness & wellbeing for everyone

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM
9am	LANE SWIM SWIMMING LESSONS	LANE SWIM SWIMMING LESSONS	LANE SWIM SWIMMING LESSONS	LANE SWIM SWIMMING LESSONS	LANE SWIM SWIMMING LESSONS	LANE SWIM SWIMMING LESSONS	LANE SWIM
10am					SPLASH TIME		
11am	SPLASH TIME	SPLASH TIME	SPLASH TIME	SPLASH TIME	AQUAFIT 11:15 - 12 noon	SPLASH TIME	SPLASH TIME
12 noon			AQUAFIT 12:15 - 1:00pm				
1pm							
2pm							
3pm							
4pm	SPLASH TIME	SPLASH TIME	SPLASH TIME	SPLASH TIME	SPLASH TIME	SPLASH TIME	SPLASH TIME
5pm							
6pm							
7pm	AQUAFIT 6:45 - 7:30pm						
8pm	TWILIGHT SWIM	TWILIGHT SWIM	TWILIGHT SWIM	TWILIGHT SWIM	TWILIGHT SWIM	TWILIGHT SWIM	TWILIGHT SWIM
9pm							

 ADULT ACCESS
 JUNIOR ACCESS

LAST ENTRY TO LEISURE FACILITIES IS 30 MINUTES BEFORE THE SESSION ENDS.

AQUAFIT

Water-based exercise class with qualified instructor, suitable for all fitness levels.
Pool closed during session.

LANE SWIM

General swim with 1 lane for adults.

SPLASH TIME

Family fun session with floats.

SWIMMING LESSONS

One to one lessons for children or adults - contact reception for details.
Non members welcome.

TWILIGHT SWIM

Relax and swim as the lights go down, the perfect end to a long day.

Please note that unless stated otherwise the pool will remain open for general swimming while the above sessions are running. The Spa Area is open during all sessions.



important information

ADMISSIONS POLICY

- In the interests of safety all children must be supervised by a parent or responsible adult aged 18 or over when using the pool.
- Children under 8 years: The supervising adult must go in the water. Ratio 1 adult to 2 children.
- Children aged 8 - 15 years: The supervising adult is not required to go in the water but must remain on poolside at all times. Ratio 1 adult to 3 children.
- Children aged 0 - 15 years: The supervising adult must go in the water if there are children under 8 years. At least one child must be 8 or over. Ratio 1 adult to 3 children.
- Any person under the influence of alcohol will be refused entry to leisure facilities.
- Last entry to leisure facilities is 30 minutes before session ends.

LIFEGUARDS

- Lifeguards are on duty to ensure the safety and enjoyment of swimmers, please listen to their advice and follow all instructions that are given throughout the duration of your visit. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the Lifeguard before entering the water.
- Our Lifeguards are required to train on a regular basis, therefore staff training may take place in the pool without prior notice. The pool will remain open for general swimming.

POOLSIDE

- The use of cameras is permitted only with the prior consent of the Club Manager. Laptops, photographic equipment and camera phones must not be used on poolside.
- Outdoor shoes and pushchairs are not permitted on poolside at any time. Shoe covers are provided.

POOL TIMETABLE

- We reserve the right to change the pool timetable without prior notice.

This programme was correct at the time of going to print.

TOWEL HIRE



Available at the
Ocean Club Reception
£2.00

SPLASH TIME

(Family fun session with floats)

SCHOOL HOLIDAY SPLASH TIMES

Mon, Tue, 10am - 12noon
Wed, Thur, & 2pm - 6pm
Sat & Sun

Fri 10am - 11am
& 2pm - 6pm

AQUAFIT

£2 per person.
Book at reception

(See session times overleaf)

SWIMMING LESSONS

Junior Group Lessons
Junior One to One Lessons
Adult One to One Lessons

Contact reception for
further information

Seafeld Ocean Club
Seafeld Park, Seahouses, Northumberland NE68 7SP
Tel: 01665 721600 E-mail: info@ocean-club.co.uk
www.ocean-club.co.uk

