

Swimming Timetable & Leisure Information

www.ocean-club.co.uk

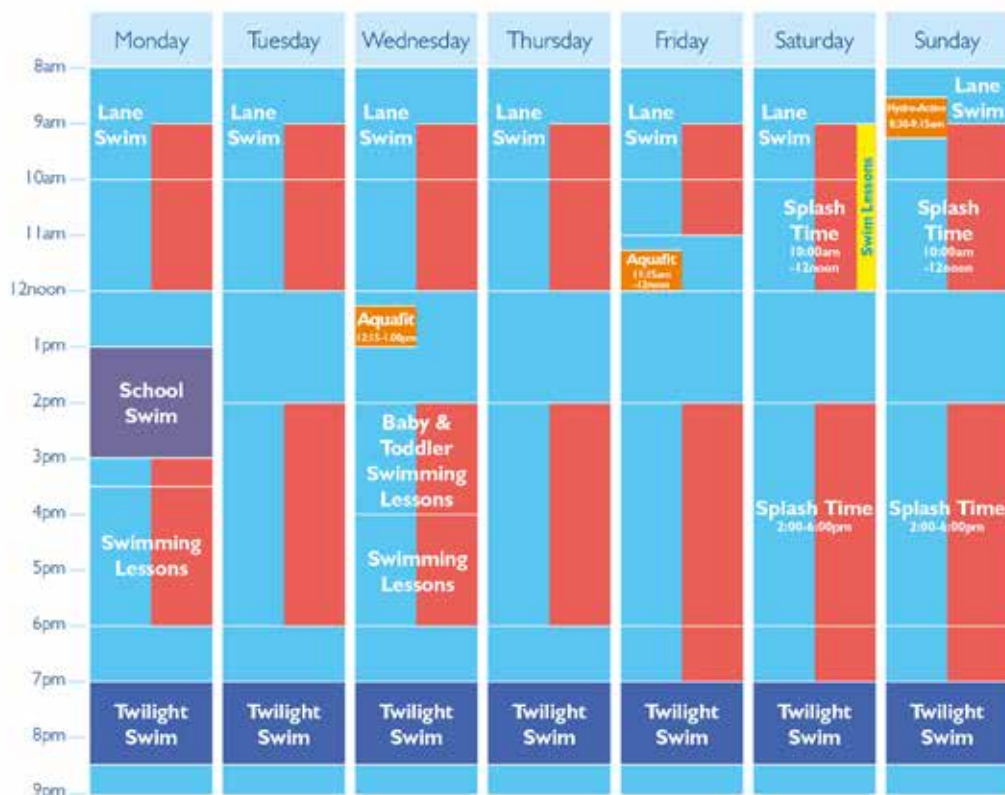


Seafield
Ocean
club

health, fitness & wellbeing for everyone

Pool Timetable

Term time



■ Adult Access
■ Junior Access

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

AQUAFIT - Water based exercise class with instructor. Pool & Spa open during session.

BABY & TODDLER SWIMMING LESSONS - group lessons for ages 0-4 years. Contact reception for course details. Pool & Spa open during session.

HYDRO-ACTIVE - Improve all round fitness with high energy water based exercises & activities.

LANE SWIM - General swim with 1 lane for lane swimming.

SCHOOL SWIM - Pool & Spa closed during session & access to changing rooms will be restricted.

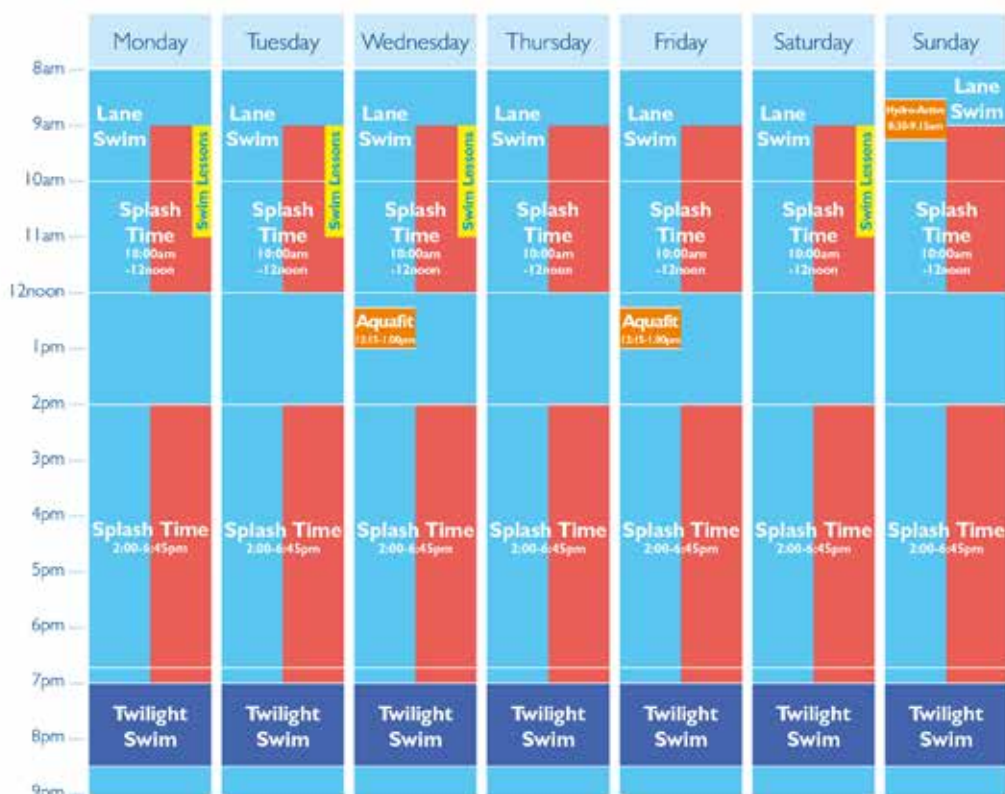
SPLASH TIME - Family fun session with floats.

SWIMMING LESSONS - Group lessons for children. Contact reception for course details. Pool & Spa open during session.

TWILIGHT SWIM - Relax & swim as the lights go down, the perfect end to a long day. **Adults only.**

Pool Timetable

School holidays



Swimming Lessons

One to one lessons for children or adults are available during school holidays. Contact reception for details.

Pool & spa open during lessons, pool space may be limited by a lane rope.



This timetable will apply during our local school holidays. For specific dates please contact us on 01665 721600

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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 4 children
- Children aged 0 - 15 years: The supervising adult must go in the water if there are children under 8 years. At least two children must be 8 or over. Ratio: 1 adult to 4 children
- Any person under the influence of alcohol will be refused entry to leisure facilities
- Children under 16 are not permitted to use the spa area

Lifeguards

- Lifeguards are on duty to ensure the safety & enjoyment of swimmers, please listen to their advice & 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 mobile technologies for the purposes of taking & recording images is completely restricted at all times in changing areas & on poolside
- Outdoor shoes must not be worn on poolside, plastic shoe covers are provided
- With the exception of disabled wheelchairs & disabled pushchairs, pushchairs are not permitted in changing areas & on poolside
- Food is not permitted on poolside & all drinks must be in plastic cups or bottles

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

Christmas & New Year Opening Times

- Club opening times will be restricted over Christmas & New Year, contact the Ocean Club for details



Fitness Classes

We offer a range of fitness classes including Studio Cycling, Pilates, Circuits & Kettlebells. Studio classes are open to non members - charges apply. Children aged 13 can attend studio classes when accompanied by a participating adult, normal class charges apply.

Members & guests of Seafeld Caravan Park can book 2 days in advance, non members: 1 day in advance. Classes can be booked at Ocean Club reception or call 01665 721600.



PERSONAL TRAINING

Fitness Suite

Our gym has undergone refurbishment with state of the art cardio equipment by Precor and resistance equipment by Technogym. We also have a brand new FTS Glide functional training system and wall mounted rig. All new members will undergo a gym induction including fitness assessment with the option of a personal workout programme designed by our trained instructors. Personal training is available at an additional cost, details on request.

Gym opening times:
Monday - Sunday 8am-9pm
(Open to members & guests staying on Seafeld Caravan Park)

Towel Hire
Available at the
Ocean Club Reception

£2.00

Lockers
£1.00 coin
(returnable)



Swimming Lessons

- Children's Group Lessons
- One to One Intensive Lessons for adults & children
- Baby & Toddler Swimming Classes
- Non members welcome

Contact reception for course dates & information