

# SKEGNESS SWIMMING POOL & FITNESS SUITE

Make a Splash

## Outdoor Pool Programme



Home to Skegness Amateur Swimming Club

3rd-16th September 2018



### Fitness Suite Opening Times

Monday	06:00-21:00
Tuesday	06:00-21:00
Wednesday	06:00-21:00
Thursday	06:00-21:00
Friday	06:00-21:00
Saturday	08:00-18:00
Sunday	08:00-18:00



### Safe Swimming Policy

Will all swimming pool users please note and adhere to the following Safe Swimming Policy.

- The staff may, at their sole discretion, refuse admission if they believe that the safety of swimming pool users is compromised.
- Children may at times be asked to demonstrate their swimming competency.
- All non-swimming children should wear approved buoyancy aids and should remain within the designated non-swimmers area.
- All swimming pool users should listen to the advice of the lifeguards on duty.

#### Children under 8 years old:

- Children of this age must be supervised at all times in the pool water by a responsible adult (16 yrs +), at a ratio of one adult to two children (1:2).
- If one or more of the children holds the ASA Pool Swimming Standard Award, the maximum child supervision ratio can be increased to 1 responsible adult to three children under the age of eight years (1:3).
- All children under 8 years old must be accompanied by an adult at all times within the complex.

Please note: These programmes may change during school holidays. An additional programme will be available at this time.

### Skegness Swimming Pool & Fitness Suite

Grand Parade, Skegness, Lincolnshire PE25 2UG  
01754 610675 | skegnesspool@mvtlc.org

	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00
	07:30	08:30	09:30	10:30	11:30	12:30	13:30	14:30	15:30	16:30	17:30	18:30	
Mon		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOLS SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIM	SCHOOLS SWIMMING	GENERAL SWIMMING	LESS-ONS	SURVIVE & SAVE	SWIMMING CLUB	
Tue		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOLS SWIMMING	LESS-ONS	GENERAL SWIMMING	SCHOOLS SWIMMING	GENERAL SWIMMING	ASA WATER WISE LESSONS	ROOKIE LIFEGUARD	DISABLED SWIM	
Wed		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOLS SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIMMING	SCHOOLS SWIMMING	GENERAL SWIM	ASA WATER WISE LESSONS	ROOKIE LIFEGUARD	AQUACISE	
Thur		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOLS SWIMMING	LESS-ONS	GENERAL SWIMMING			ASA WATER WISE LESSONS	ROOKIE LIFEGUARD	SWIMMING CLUB	
Fri		ADULTS ONLY SWIM	BREAKFAST SWIM		SCHOOLS SWIMMING	LOW IMPACT AQUACISE		GENERAL SWIMMING		LESS-ONS		SWIMMING CLUB	
Sat			ROOKIE LIFEGUARD	ASA WATER WISE LESSONS		SURVIVE & SAVE	GENERAL SWIMMING						
Sun		ADULTS ONLY SWIM	BREAKFAST SWIM			GENERAL SWIMMING		SWIMMING CLUB					

### Please Note:

- \* The Indoor Pool & Flume are closed for refurbishment and will re-open soon.
- \* We are no longer taking pre-bookings for the swim sessions.
- \* The pool will close earlier due to poor lighting outside with the sun setting earlier.

Information is correct at time of printing - 30/08/2018  
The Facility Management Team reserves the right to alter sessions, times and charges.

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