

TIME	OFF PEAK				PEAK TIME	
	6.45am – 10.00am	10.00am – 12.00	12.00 – 2.30pm	2.30pm – 5.00pm	5.00pm–6.30pm	6.30pm –10.00pm
MON	ADULTS ONLY	FAMILY SWIM	ADULTS ONLY & AQUA AEROBICS (12.30 – 1.15PM)	FAMILY SWIM	FAMILY SWIM PEAK	ADULTS ONLY & AQUA AEROBICS (6.00 – 6.45PM)
TUE	ADULTS ONLY	FAMILY SWIM	ADULTS ONLY	FAMILY SWIM & JUNIOR LESSON (5.00 – 6.30pm)	FAMILY SWIM PEAK	ADULTS ONLY
WED	ADULTS ONLY	FAMILY SWIM	ADULTS ONLY & AQUA AEROBICS (12.15-1.00PM)	FAMILY SWIM & JUNIOR LESSON (3.00 – 6.00PM)	FAMILY SWIM PEAK	ADULTS ONLY & AQUA AEROBICS (6.30 – 7.15PM)
THUR	ADULTS ONLY	FAMILY SWIM	ADULTS ONLY	FAMILY SWIM	FAMILY SWIM PEAK	ADULTS ONLY
FRI	ADULTS ONLY	FAMILY SWIM (11.30 – 12.00 PM)	ADULTS ONLY & AQUA AEROBICS (12.15 – 1.00PM) (1.00 – 1.45PM)	FAMILY SWIM	FAMILY SWIM PEAK	ADULTS ONLY & MOONLIGHT SWIM TO CHILLOUT MUSIC FROM 7PM

TIME	OFF PEAK				
	8.30am – 10.30am	10.30am – 1.00pm		1.00pm – 5.00pm	5.00pm – 7.30pm
SAT	ADULTS ONLY (UNTIL 10.30)	AQUA AEROBICS (10.00 – 10.45AM)	FAMILY SWIM	FAMILY SWIM	ADULTS ONLY
SUN	ADULTS ONLY	FAMILY SWIM		FAMILY SWIM	ADULTS ONLY

NB. This timetable is subject to change, there is a lane available at all times, including aqua aerobics / lessons. For private one to one lessons see receptionist for details. **In the interest of safety if you find yourself alone in the pool please notify reception.**

SWIMMING POOL RULES

1. Only members and their guests may use the pool area (guests must be signed in) and do so entirely at their own risk.
2. Adult members may sign in one guest per visit and are entirely responsible for that guest.
3. No diving, running, jumping, bombing or horseplay in or around the pool area.
4. Users of the pool and wet area facilities should ensure they are fit enough to enter in to such exercise/relaxation programmes.
5. No glass or china of any kind may be taken in to the pool hall or changing facilities.
6. Damaged equipment must be reported immediately to reception staff.
7. The management and staff reserve the right to refuse admission to any of its facilities in the interest of safety.
8. All bathers must shower before using the pool.
9. Only appropriate swimwear is to be worn in the pool area.
10. Swimmers must notify reception that they are alone in the pool in order that staff can look out for them.
11. All swimmers have a common duty of care to look out for each other whilst in the pool.
12. None of the following are allowed in the pool: Balls, Toys, Large rings, Snorkels, Masks or Flippers (unless in a supervised session), Chewing gum, Watches or Sharp jewellery.

Regarding children.

1. All children under 10 years must be in the water with a responsible adult member.
2. A responsible adult member must be on poolside to closely supervise all children between 10 & 14 years and be on the clubs premises for children aged 14 & 15.
3. A responsible adult member must supervise all non-swimming children in pool.
4. All non-swimmers under 1.5 metres high may not enter the pool area without suitable adult supervision.
5. All small children must wear suitable inflatable armbands.
6. During swimming lessons parents must be on the premises but away from poolside.
7. Children are not allowed in the changing rooms of the opposite sex once they have reached their seventh birthday.
8. No Screaming, shouting or disruptive behaviour allowed in the pool area.
9. No diving, running, jumping, bombing or horseplay in or around the pool area.
10. None of the following are allowed in the pool: Balls, toys, Large rings, Snorkels, Masks or Flippers (unless in a supervised session), Chewing gum, Watches or Sharp Jewellery.

Sauna/steam rooms.

1. All members should follow the guidelines on the Sauna and Steam room facilities.
2. No children under 10 are allowed in the Sauna or Steam room.
3. A responsible adult member must accompany children aged 10 to 14 years.

Sauna, Steam & Spa

These facilities are available for use during usual pool opening hours. The sauna and steam room will each seat 6 and offer a relaxing environment to cleanse and replenish. In the corner of the pool we also have an air seat Jacuzzi available.

Aqua Aerobics

Greenacre now run a number of Aqua classes both during lunch times and evenings. We also have a beginners class on Fridays for those new to Aqua or over 50s looking for a less physically demanding class.

10 Session Cards

Regular class members may choose to purchase a 10 session discount card from reception.

Cards are available either for *Spin & Gym*, or for *Aqua/Studio* discount and provide savings of up to 10%

Swimming Lessons

Private swimming tuition for adults and children are available from our instructors, as well as a number of junior swimming courses which run each school term. Please see the swimming notice board for further information and booking forms.



Greenacre

Health & Fitness

Swimming Pool Timetable

September 2008

Greenacre Leisure
Greenham Road, Newbury, Berks, RG14 7SW

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