ADMISSION GUIDANCE



Parent supervision ratio for children under eight should be:



This ratio could be increased (eg. by use of approved swimming aids)...



...or, circumstances could reduce it (eg. flumes and inflatables)

1:2

1:3

1:1

AQUA FUN: Flume + mats + inflatable
AQUA FUN FLUME: Flume + mats

FAMILY SWIM: General swimming + flume aimed at families

FITNESS SWIM: A public lane session where users are permitted to train using

swimming aids such as fins, flippers, kick boards and pool buoys.

Please note: For safety reasons users of the pool inflatable must be a competent swimmer and lifeguards have the discretion to restrict use. Children under the age of 8 must be accompanied by a responsible adult aged 16 years or above in the pool. To attend Aqua Fit and Aqua Jog sessions you must be at least 15 years of age or above.

Please queue and collect coloured bands for all Aqua Fun sessions at reception. Entry may be restricted due to pool maximum bather load.

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

t: 01246 242 365 w: goactive.org.uk

Opening times:

Mówimy Twoim

językiem

Mon - Fri: 6am - 9pm Sat and Sun: 8am - 6pm e: enquiries@goactive.org.uk memberships@goactive.org.uk

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y @GoActiveTheArc

(c) @goactivethearc

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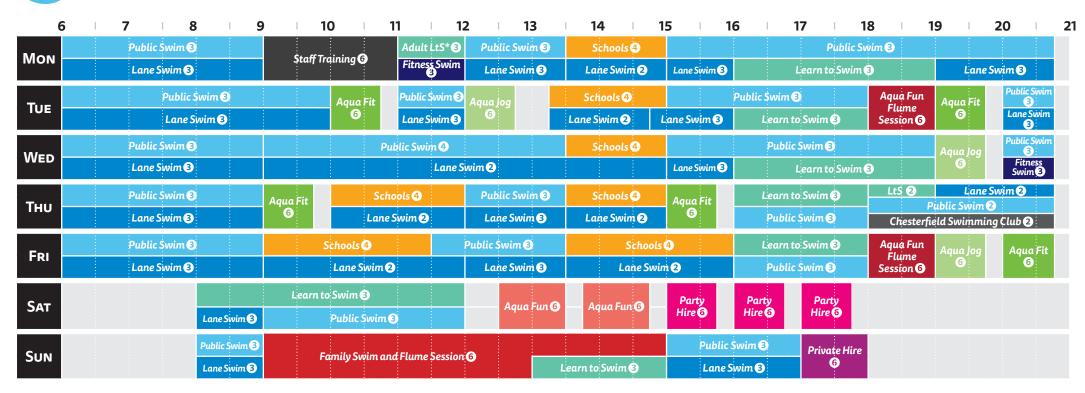
GO! ACTIVE @The Avc

High Street, Clowne S43 4JY www.goactive.org.uk





Pool Timetables



Small Pool Timetable

Mon	POOL CLOSED	Staff Training	Adult & Child Learn to Swim		Schools	Adult & Child Learn to Swim	Learn to Swim	Public Swim
TUE	POOL CLOSED	A&C POOL CLOSED	Public Swim POOL CLOSED		Schools	Adult & Child Learn to Swim	Learn to Swim Aqua Fun Flume Session	POOL CLOSED
WED	POOL CLOSED	Public	Swim	A&C LtS*	Schools	Adult & Child Learn to Swim	Learn to Swim	POOL CLOSED
Тни	POOL CLOSED	Sch	pols Public Swim	A&C LtS*	Schools	POOL CLOSED	Learn to Swim	Public Swim
FRI	POOL CLOSED	Schools	Adult & Child Learn to Swim		Schools		Learn to Swim Aqua Fun Flume Session	POOL CLOSED
SAT	POOL CLOSED	Learn to Swim	Aqua	Fun	Aqua Fun		POOL CLOSED	
Sun	POOL CLOSED	F	amily Swim and Flume Session	ı		Learn to Swii	m POOL CI	LOSED
6	7 8 9	9 10 1	l 12 13	I	14 19	5 16	17 18 19	9 20 21