

Pool programme



**DO YOUR BIT
SAVE PAPER**

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Main pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON		Sunrisers		Schools & Swim School				Relax & Swim		General Swim*		Swim School	Maldon Sharks Swimming Club	Aquafit	Adults Only		
TUES		Sunrisers		Aquafit	General Swim*	Adult & Toddler Deep Water Swim		Relax & Swim	50+	General Swim*	Swim School		Fun for All		Adults Only		
WED		Sunrisers		50+		Ladies Only		Relax & Swim		General Swim*	Swim School		Fun for All	Aquafit	Adults Only		
THURS		Sunrisers			Aquafit	Adult & Toddler		Relax & Swim	50+	General Swim*	Swim School		Fun for All		Adults Only		
FRI		Sunrisers			Aqua Gentle	Barracuda Disabled Swim Club		Relax & Swim		General Swim*	Swim School		Fun for All		Adults Only		
SAT			General Swim Swim School	Swim School			Fun for All						Scuba Diving Club	Private Hire			
SUN				Relax & Swim			Fun for All					Maldon Sharks Swimming Club	Lifeguard Training Swimming Club	Adults Only Relax & Swim			

Closed to public
 Public Swim
 Bookable Sessions

* There may be schools during this session.



Main pool term time information

This leaflet aims to provide all the information you need to ensure a safe and enjoyable visit to our swimming pool. However, should you have any enquiries please do not hesitate to contact the centre.

About the Pool

The pool is a free form leisure pool with a number of different features and varying pool depths.

Before entering, please familiarise yourself with the pool layout and safety notices. During busy times it is necessary to introduce a band system which ensures safe bather numbers. However, a minimum of one hour's swimming is guaranteed, a deposit of 50p per band is required.

The Flume

(available during 'Fun for All' sessions) Fast flowing, high rise fun complete with cool Shower spray. To ride the flume, all children must be over the age of 8 years old and must be a minimum height of 1.1m.

The operating times are:

Tuesday	18.00 – 20.00
Wednesday	18.00 – 19.30
Thursday	18.00 – 20.00
Friday	18.00 – 20.00
Saturday	10.30 – 18.00
Sunday	10.00 – 17.00

Jungle River Ride

(available during 'Fun for All' sessions) Take a trip into the whirlpool lagoons, into the lazy river and out under the waterfall. To ride the Jungle River you must be a competent swimmer and satisfy the minimum height restriction of 1.45m tall (4'9").

The operating times are:

Saturday	13.00 – 16.00
Sunday	13.00 – 15.00

Whilst every effort is made to operate the features at the stated time, it may be necessary to alter these at short notice. Jewellery is NOT permitted on any of the rides.

Shallow Pool for Learners

Attached to the main pool, this shallow pool provides an area to play and learn.

Toddler Pool

The Toddler pool is available from 09.30 – 16.00 and from 18.00 until the end of the Fun for all Session Monday – Friday and from 09.30 until the end of the Fun for all Session Saturday and Sunday.

Poolside Café

Serving a variety of hot and cold drinks, cakes, biscuits, sandwiches, panini's, toasties, omelettes, oven baked jacket potatoes and salads. The Junior Meal Deal offers excellent value for money with a choice of burgers, fish tiddlers or chicken/vegetable nuggets served with chips, salad or jacket potato and a small drink.

Swimming Crash Courses

Available during the summer holidays for pre-school levels 1-3 and school age beginner. Half hour lessons commence at 08.00 and 08.30 Mon-Fri excluding Bank Holidays.

Distance Award Day

If you can swim 10m or more then enter our distance award day to discover how far you can swim. If you intend to swim long distances, please enter early. Brownie and Cub badges can also be tested, please bring your badge book.

Entrance fee £4.50 (includes badge and certificate). Booking essential. Please refer to Swim School notice boards for dates.

Lane Swimming

A 25m lane is available during all swim sessions with the exception of 'Fun for All'.

Bank Holidays

The pool will close at 18.00.

Customer Information

In the interest of safety, customers are respectfully asked to observe the general safety rules.

- One adult (person over the age of 18 years) may accompany a maximum of two children under the age of 8 years old in and around the pool at all times.
- Lifeguards are on poolside to ensure your safety and enjoyment, 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 prior to participation.
- All weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands are available to purchase at the centre. Large inflatables are not permitted.
- The use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment must not be used on the poolside.
- Outdoor shoes and push chairs are not permitted on poolside at any time.
- Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.
- Shoes are not permitted in the changing village, however complimentary blue shoe covers are available at the entrance to the changing village.
- Customers are strongly advised to use the toilets before entering the pool and **MUST** ensure that all young children in their care do so.
- It is requested that customers do not enter the pool having eaten in the hour prior and **MUST** ensure that all children in their care have not done so.
- There is no such thing as a non-slip floor. Wet surfaces will always be more slippery than dry ones. Do not run and take special care when using steps.
- Diving is not permitted.
- Do not use the fun features if you have a heart or back condition or if you are pregnant.
- It is strongly recommended that all jewellery is removed before entering the pool.
- Jewellery must not be worn on the water rides.

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A Maldon District Council facility managed by Leisure in the Community Ltd and Leisure Connection Ltd.

