

Holiday pool programme



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Main pool holiday 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	Swim Club	Lane Swim		General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Swim Club				
				Swim School	Diving	Lane Swim		General Swim	Diving	General Swim	General Swim		Lane Swim					
TUES		Lane Swim		General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Swim Club		Adult Swim School	Staff Training	
				Swim School	Diving	Lane Swim		General Swim	Diving	General Swim	General Swim		Lane Swim			Adult Lane Swim		
WED	Swim Club	Lane Swim		General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Ladies Only Lane Swim	AquaFit & Ladies Only Lane Swim	Sub Aqua		
				Swim School	Diving	Lane Swim		General Swim	Diving	General Swim	General Swim		Lane Swim					
THURS		Lane Swim		General Swim					General Swim	Lane Swim	Swim School		Swim Club	Octopush Club	Swim School			
				Swim School	Diving	Lane Swim		General Swim	Diving	General Swim	General Swim		Lane Swim	Adult Lane Swim				
FRI	Swim Club		AquaFit	General Swim					General Swim	Lane Swim	Swim School		Lane Swim	Family Fun Time	Swim Club	Life Saving Club		
		Lane Swim		Swim School	Diving	Lane Swim		General Swim	Diving	General Swim	General Swim		Lane Swim					
SAT		Lane Swim	Swim School		Salmon Club		Lane Swim	General Swim				Lane Swim	Party Animals & Private Hire					
				General Swim				Diving	General Swim		Lane Swim							
SUN				General Swim							Adult Lane Swim		Swim Club			Octopush Club		
			Lane Swim	Diving		General Swim	Lane Swim											

Closed to public
 Public Swim
 Bookable Sessions

Please Note: Swim sessions may finish 5 minutes earlier than advertised to allow for lane changes or activity set ups.



Teaching pool holiday 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	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash			Swim School		Swim Club				
TUES	Closed to public		Swim School		Toddler Splash	Swim School	Toddler Splash			Swim School		Swim Club					
WED	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash			Swim School		Swim Club				
THURS	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash		Swim School		Swim Club					
FRI	Closed to public		Swim School		Toddler Splash		Swim School	Toddler Splash			Swim School		Swim Club				
SAT	Closed to public		Swim School		Salmon Club		Toddler Splash			Party Animals & Private Hire		Swim Club					
SUN	Closed to public			Toddler Splash								Swim Club					

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Session Descriptions

Aquafit – aerobics in the water.

Diving – 3 diving boards available, 1m, 3m and 5m. No non-swimmers or under 8s.

General Swim – open session for all users.

Ladies Only Swim – a swim session for women.

Lane Swim – main pool open for lane swimming only.

Adult Lane Swim – main pool open for adults only lane swimming or club swimmers (approval by management required if under 16).

Party Animals – available for parties, galas and community use.

Private Hire – available for parties, galas and community use.

Schools – National Curriculum swimming lessons.

Senior Swim – a session specifically for those over the age of 50.

Staff Training – part or all of the pool will be closed for lifeguard training.

Swim School – offers swimming lessons for all ages and abilities, pre-school, juniors and adults.

Swimming Club – session closed to the public for club usage.

Toddler Splash – session with pool toys for toddlers in the training pool.

Please check with your nearest centre to see which sessions and facilities are available.

Information

Admissions Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent at a ratio of 2 children to 1 adult.

Lifeguards

Lifeguards are on the 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.

Weak and Non-swimmers

All weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other flotation aids are available to purchase at the centre.

Poolside

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 pushchairs are not permitted on poolside at any time.

Programme

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.

Clubs and Societies

If you would like further information on any of these, please ask at reception and they will be happy to help.

Sickness

We encourage all swimmers to avoid using the pool if feeling unwell in any way.

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Leisure Centre**
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Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

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Provided by St Albans City & District Council. Managed in partnership with Leisure Connection Ltd.

