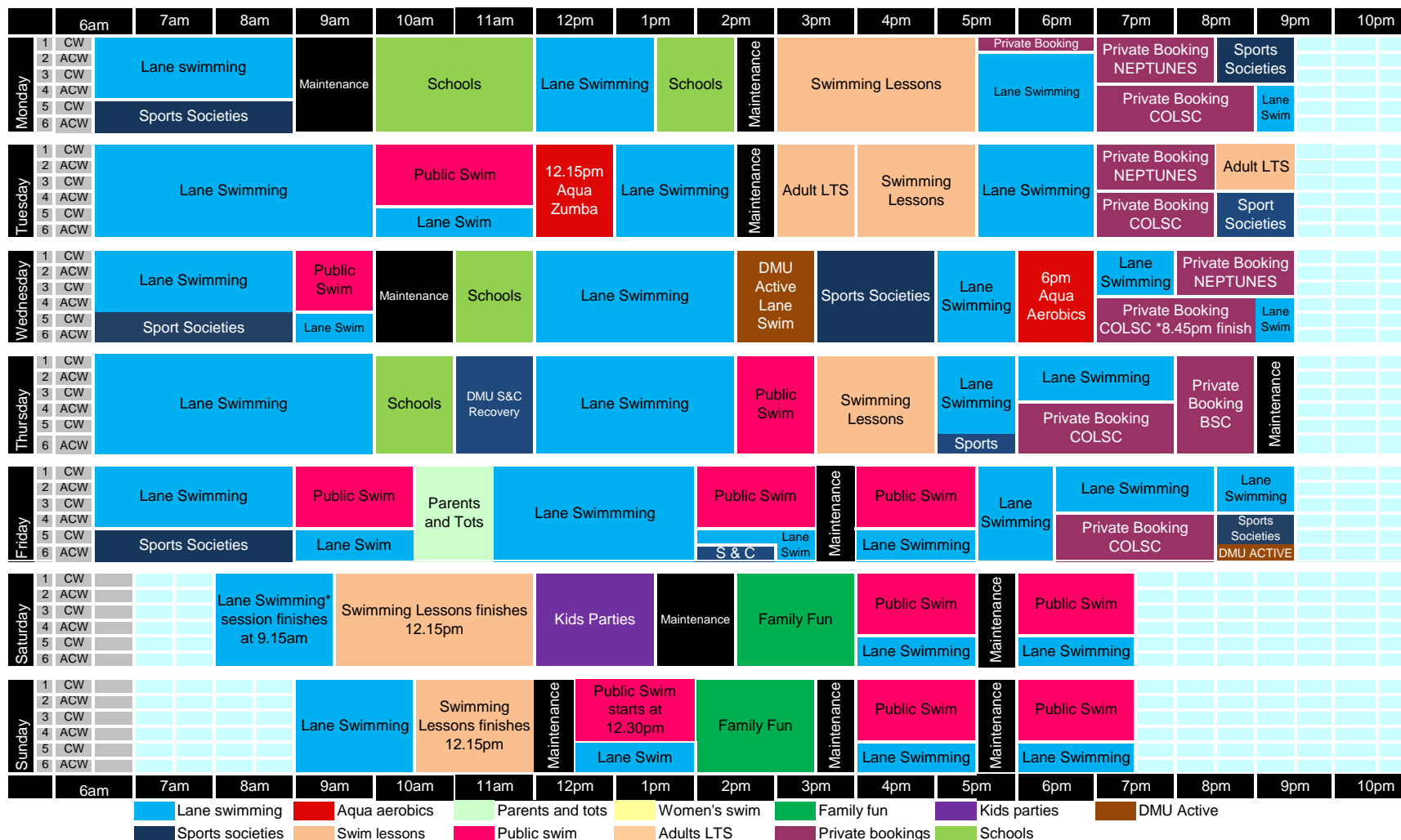


POOL PROGRAMME

From January 2019



- Lane swimming
- Aqua aerobics
- Parents and tots
- Women's swim
- Family fun
- Kids parties
- DMU Active
- Sports societies
- Swim lessons
- Public swim
- Adults LTS
- Private bookings
- Schools

LANE SWIM ETIQUETTE

- 1 - Pick a lane that is swimming at your pace. We have Slow, Medium and Fast paced lanes.
- 2 - Swim in the appropriate direction. Either Clockwise (CW) or Anti-clockwise (ACW).
- 3 - Swim to the speed of the fastest swimmer in the lane, otherwise swap lane to a slower lane.
- 4 - Swimming should be continuous, no stopping in the middle of the lane.

POOL AND SAUNA ADVICE

- 1 - Always shower before using the pool or sauna.
- 2 - Always use a towel to sit or lie on in the sauna.
- 3 - The sauna is open during lane swimming and public swim sessions.