

SKEGNESS POOL & FITNESS SUITE

Indoor Pool Programme
Term Time



Home to Skegness Amateur Swimming Club

Make a
Splash

Skegness Pool & Fitness Suite

Grand Parade, Skegness, Lincolnshire PE25 2UG
01754 610675
skegnesspool@mvtlc.org

Safe Swimming Policy

Will all swimming pool users please note and adhere to the following Safe Swimming Policy.

- The staff may, at their sole discretion, refuse admission if they believe that the safety of swimming pool users is compromised.
- Children may at times be asked to demonstrate their swimming competency.
- All non-swimming children should wear approved buoyancy aids and should remain within the designated non-swimmers area.
- All swimming pool users should listen to the advice of the lifeguards on duty.

Children under 8 years old:

- Children of this age must be supervised at all times in the pool water by a responsible adult (16 yrs +), at a ratio of one adult to two children (1:2).
- If one or more of the children holds the ASA Pool Swimming Standard Award, the maximum child supervision ratio can be increased to 1 responsible adult to three children under the age of eight years (1:3).
- All children under 8 years old must be accompanied by an adult at all times within the complex.

Please note: These programmes may change during school holidays. An additional programme will be available at this time.

	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
	07:30	08:30	09:30	10:30	11:30	12:30	13:30	14:30	15:30	16:30	17:30	18:30	19:30	20:30	
Mon		ADULTS ONLY SWIM	BREAKFAST SWIM		GENERAL SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIMMING	SCHOOL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	SURVIVE & SAVE	SWIMMING CLUB		ADULT RECREATIONAL SWIM	
			LANE SWIMMING			WIDTHS SWIM		LANE SWIMMING		GENERAL SWIMMING	LANE SWIM				
									FLUME						
Tue		ADULTS ONLY SWIM	BREAKFAST SWIM	SCHOOL SWIMMING		LESSONS	GENERAL SWIMMING	SCHOOL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	ROOKIE LIFEGUARD	GENERAL SWIMMING	DISABLED SWIM		
				LANE SWIMMING						GENERAL SWIMMING		LANE SWIMMING			
									FLUME			FLUME			
Wed		ADULTS ONLY SWIM	BREAKFAST SWIM	SCHOOL SWIMMING	GENERAL SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIMMING	GENERAL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	ROOKIE LIFEGUARD	GENERAL SWIMMING	SUB AQUA CLUB		
			LANE SWIMMING			WIDTHS SWIM		LANE SWIMMING		GENERAL SWIMMING	LANE SWIM	AQUAJOG	LANE SWIM		
									FLUME			FLUME			
Thur		ADULTS ONLY SWIM	BREAKFAST SWIM	SCHOOL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	GENERAL SWIMMING	SCHOOL SWIMMING	GENERAL SWIMMING	SWIMMING LESSONS	ROOKIE LIFEGUARD	SWIMMING CLUB	STAFF TRAINING		
		LANE SWIM				GENERAL SWIM		LANE SWIMMING		GENERAL SWIMMING	LANE SWIM				
									FLUME						
Fri		ADULTS ONLY SWIM	BREAKFAST SWIM	SCHOOL SWIMMING	GENERAL SWIMMING	LOW IMPACT AQUACISE	GENERAL SWIMMING	GENERAL SWIMMING	GENERAL SWIMMING	LESSONS	FAMILY FUN SPLASH	SWIMMING CLUB			
			LANE SWIMMING			WIDTHS SWIM		LANE SWIMMING							
									FLUME						
Sat			ROOKIE LIFEGUARD	SWIMMING LESSONS	SURVIVE & SAVE		GENERAL SWIMMING	FAMILY FUN SPLASH	POOL AVAILABLE FOR PARTY HIRE						
				SWIMMING LESSON SWIM			LANE SWIMMING								
				LANE SWIMMING					FLUME						
Sun		ADULTS ONLY SWIM	BREAKFAST SWIM	SWIMMING CLUB	GENERAL SWIMMING		GENERAL SWIMMING	GENERAL SWIMMING	FAMILY FUN SPLASH	POOL AVAILABLE FOR PARTY HIRE					
							LANE SWIMMING								
									FLUME						

Information is correct at time of printing -05/2019.
The Facility Management Team reserves the right to alter sessions, times and charges.

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