

# 22nd - 31st October 2018

	6.30am	9am	10am	11am	11.30am	12.15pm		4pm	6pm	6.30pm	7.30pm	8.30pm		
<b>Monday</b>		Active For Life			Schools - shared use **					Oban Swim School	Oban Swim School	Oban Swim School		
Main Pool										Masters Lane Swimming	Aqua Zumba	Murderball		
Small Pool														
<b>Tuesday</b>	7am	8am	9am	10.15am	11am			4.30pm	5pm	7pm	8pm	8.45pm		
Main Pool	Oban Otters		Staff Training	Aqua Aerobics				2 lanes	Oban Lifesavers Club from 30th October	Oban Lifesavers Club from 30th October	Ladies Only swim	Canoe Club		
Small Pool								Rookie LG						
<b>Wednesday</b>	6.30am	7am	8pm	10am		1pm	2pm	2.45pm	3pm	4pm	5.30pm	6.30pm	7.30pm	8.30pm
Main Pool		Oban Otters					School use		Sea Survival Courses (check Website Calendar)	Family Fun	2 lanes	Octopush	Canoe Club	
Small Pool							ObanSwim School			Oban Swim School				
<b>Thursday</b>	6.30am		10am	11am	11.30am	1pm	1.30pm	2.30pm	3.30pm	3.45pm	6pm	6.40pm	9.30pm	
Main Pool			School use		Schools - shared use 12.15pm		Staff Training			Oban Swim School	Oban Swim School	Oban Otters A.S.C.		
Small Pool				School use		ObanSwim School	Staff Training		Oban Swim School					
<b>Friday</b>	6.30am	9am - 10am	10.15am	11am	11.30am	12.15pm	1.30pm	2.30pm	4pm	5pm	6pm	7pm	8pm	
Main Pool		Active For Life	Aqua Aerobics		Schools - shared use **				2 lanes until 7pm	Oban Swim School		Masters	Freestyle Friday	
Small Pool							Oban Swim School							
<b>Saturday</b>		9am			12.45pm	1.45pm	2pm	4pm	5.30pm					
Main Pool		Oban Swim School			Family Fun Inflatable session		Family Fun Session no lane swimming							
Small Pool		Oban Swim School												
<b>Sunday</b>		9am					2pm	4pm	6pm					
Main Pool							Family Fun Session no lane swimming	Oban Otters A.S.C.						
Small Pool														

Public swimming
  Atlantis sessions-pools closed
  Private Hire
 Red times indicate opening and closing times

Clubs & schools
  Pools closed

**Please refer to notice board at Wet Change, Website calendar, Facebook and telephone system for any changes to programme.**

\*\* Shared use - some schools do not require the whole pool due to a small number of pupils.

## Safety Guidelines

1. Never swim while under the effects of alcohol or after a heavy meal. Avoid holding your breath and swimming long distances under water.  
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2. Make sure you know the depth of the water and check where slopes lead into deeper water. No non-swimmers, or armbands past the 1.3m mark in the main pool.  
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3. It is safer to swim with a companion. Keep an eye open for other swimmers and be careful around children and non swimmers. If you see someone in difficulty, get help from our lifeguards immediately.  
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4. If you have any conditions such as epilepsy, asthma, diabetes or a heart condition please bring it to the attention of the lifeguard.  
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5. All children under the age of 8 must be accompanied in the water by a responsible adult. Please see our Child Safety admission policy leaflet or see the website for the adult:child ratios.  
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6. Unruly behaviour in and around the pool is strictly forbidden. Running, ducking, bombing and acrobatics are not allowed.  
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7. All our lifeguards are trained to the NARS Pool Lifeguard standard, so let us look after your safety while you swim.  
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8. There are occasional changes to our programme due to events. Please call in advance to check.  
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9. There are special guidelines affecting pool inflatable sessions. Please take a leaflet advising you of them.  
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10. We operate a Learn to Swim programme. Please ask at Reception for more information on this.

**Atlantis Leisure**  
**Dalriach Road**  
**Oban PA34 5JE**

## General Information

### **Fun Sessions**

**Pool inflatable sessions on our 15 metre inflatable.**  
**Children must be over 8 years and be able to swim 2 lengths of the main pool.**  
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### **Lane Swimming sessions**

One or two lanes are provided for those wishing to do lengths. There are 4 lane swim sessions in the programme.  
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### **Active For Life**

For swimmers wishing to gain confidence during a quiet, leisurely session  
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### **Aqua Aerobics**

A challenging fitness workout using various specialised equipment in the water.  
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### **Public sessions**

Suitable for all types of swimmers and excellent for children and families.  
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### **Masters Lane Swimming**

Lane swimming for the more experienced swimmers  
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### **Photographic equipment**

Photographic equipment may not be used without the permission of the centre management. Atlantis Leisure may from time to time use such equipment for marketing purposes. If this causes a problem please contact management.  
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### **Youth Nights for High School age**

Facilities throughout the centre are used for our Freestyle Friday event including the inflatable fun session.  
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## **Swimming Pool Programme**



"Swimming is one the very few activities that everyone can have a go at and take advantage of the benefits straight away.

These benefits include promoting weight loss, lowering blood pressure, keeping joints moving and improving general fitness"

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