

## 23rd October - 23rd December 2017

	6.30am	9am	10am	11am	12pm	12.30pm	4pm	6.30pm	7.30pm	8.30pm-9.30pm		
<b>Monday</b>	Early Birds	Active For Life			Schools - shared use **			4 lanes adults only	Aqua Zumba	Murderball		
Small Pool			School use 30/10-20/11				Junior Group Swimming Lessons					
<b>Tuesday</b>	7am Oban Otters	8am Early Birds	9am Staff Training	10.15am Aqua Aerobics			4pm Rookie - shared use	5pm Oban Lifesavers Club (not 31/10)	8pm Ladies Only swim	8.45pm Canoe Club		
Small Pool					Schools - shared use **			Oban Lifesavers Club (not 31/10)				
<b>Wednesday</b>	6.30am Early Birds		10am School use until 29/11		12.15pm School use	1pm School use	2pm Sea Survival Courses see below	3pm	4pm	5.30pm 2 lanes from 6.30pm	6pm 6.30 Octopush	7.30pm 8.30pm Canoe Club
Small Pool			School use until 29/11			Junior Group Lessons			Junior Group Lessons 4-6.30pm			
<b>Thursday</b>	6.30am		10am		1pm	1.30pm Staff Training	2.30pm	4pm Junior Group Lessons	5pm	7pm Oban Otters ASC	9.30pm	
Small Pool						Junior Group Lessons	Staff Training	Junior Group Lessons	Oban Otters ASC			
<b>Friday</b>	6.30am Early Birds	9am - 10am Active For Life	10.15am Aqua Aerobics	11am	12pm Schools - shared use **	12.30pm	1.30pm	2.30pm	4pm Rookie - shared use	5pm	6pm 2 lanes from 6.30pm	7.30pm
Small Pool							Junior Group					
<b>Saturday</b>		9am			12.45pm	1.45pm	2pm Pool Party Time	4pm Family Session - See below	5pm	5.30pm		
Small Pool			Junior Group Lessons				Pool Party Time					
<b>Sunday</b>		9am					2pm	4pm Family Session - See below	5pm - 6pm Oban Otters ASC			
Small Pool												

	Public swimming		Atlantis sessions-pools closed
	Clubs & schools		Pools closed

Red Times indicate opening and closing time.

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

Please check all of the above for pool party closure on Saturdays

We also hold regular Sea Survival Courses in the Main Pool on a Wednesday afternoon. Please check as above before attending the Centre

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

**Family Session - For Family Fun. No Lane swimming from 2pm - 4pm**

## 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.
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.
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.
4. If you have any conditions such as epilepsy, asthma, diabetes or a heart condition please bring it to the attention of the lifeguard.
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.
6. Unruly behaviour in and around the pool is strictly forbidden. Running, ducking, bombing and acrobatics are not allowed.
7. All our lifeguards are trained to the NARS Pool Lifeguard standard, so let us look after your safety while you swim.
8. There are occasional changes to our programme due to events. Please call in advance to check.
9. There are special guidelines affecting pool inflatable sessions. Please take a leaflet advising you of them.
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

### **Early Bird sessions**

For the enthusiastic water exerciser. Two lanes are provided for more serious swimmers.

### **Lane Swimming sessions**

One or two lanes are provided for those wishing to do lengths.

### **Over 50's sessions**

A social and recreational session for the more senior swimmer.

### **Aqua Aerobics**

A challenging fitness workout using various specialised equipment in the water.

### **Public sessions**

Suitable for all types of swimmers and excellent for children and families.

### **Pool Birthday Parties**

There are a range of different types on offer. Please consult our leaflet or ask at Reception.

### **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.

### **Youth Nights for High School age**

Facilities throughout the centre are used for our Freestyle Friday event including the inflatable fun session.

### **Fun Sessions**

Pool inflatable sessions on our new 15 metre inflatable. Children must be over 8 and able to swim 2 lengths of the main pool

**Tel: 01631 566800**

**Fax: 01631 565393**

**Email: [atlantis@atlantisleisure.co.uk](mailto:atlantis@atlantisleisure.co.uk)**



## **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"

[www.atlantisleisure.co.uk](http://www.atlantisleisure.co.uk)