

FROM 6th JANUARY - 2nd FEBRUARY 2020

	6.30am	9am	10am	11.30am	12.15pm	4pm	6.30pm	7.30pm	8.30pm	9.30pm		
Monday		Active For Life		Schools - shared use **								
Main Pool							Otters - 2 lanes	Aqua Zumba	Murderball			
Small Pool						Oban Swim School	6.30pm		Adult Lessons			
Tuesday	7am	8am	9am	10.15am	11am	5pm	8pm	8.45pm	9.45pm			
Main Pool	Oban Otters		Staff Training	Aqua Aerobics			Oban Lifesavers Club	Ladies Only Swim	Canoes			
Small Pool						Oban Lifesavers Club	7pm					
Wednesday	6.30am	9.30am	12pm	1pm	2pm	2.30pm	4pm	5.30pm	6.30pm	7.30pm	8.30pm	9.30pm
Main Pool		School Use	Schools - shared use **		School Use	Sea Survival	Family Fun	2 lanes	Octopush	Canoes		
Small Pool		School Use		Oban Swim School			Oban Swim School	7pm				
Thursday	6.30am	9.30am	11.30am	12.15pm	1pm	1.30pm	2.30pm	3.30pm	3.45pm	6.40pm	9.30pm	
Main Pool			Schools - shared use **			Staff Training		Oban Swim School		Oban Otters		
Small Pool		School Use 9.30am - 10.30am			Oban Swim School	Staff Training		Oban Swim School	6pm			
Friday	6.30am	9am	10.15am	11am	11.30am	12.15pm	1.30pm	2.30pm	4pm	5pm	7pm	8pm
Main Pool		Active For Life	Aqua Aerobics		Schools - shared use **				Rookie		Masters	
Small Pool							Oban Swim School			6pm		
Saturday	9am	12.30pm	12.45-1.30pm	1.45pm	2pm	4pm	5pm					
Main Pool		Oban Swim School	Pool Party Time			Family Fun Session (no lane swimming)						
Small Pool		Oban Swim School	Pool Party Time									
Sunday	9am	2pm	4pm	5pm	6pm							
Main Pool			Family Fun Session (no lane swimming)	Oban Otters								
Small Pool												

	Public swimming
	Pools closed
	Private Hire

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 Sea Survival Courses on Wednesdays and Pool Parties on Saturdays

** 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.
-
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

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.

Lane Swimming sessions

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

Active For Life

For swimmers wishing to gain confidence during a quiet, leisurely session

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.



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"

Tel: 01631 566800

Fax: 01631 565393

Email: atlantis@atlantisleisure.co.uk

www.atlantisleisure.co.uk