

5th October - 20th October 2019

Monday	6.30am	9am	10am		6.30pm	7.30pm	8.30pm	9.30pm	
Main Pool		Active For Life			4 lanes adults only	Aqua Zumba	Murderball		
Small Pool					6pm				
Tuesday	6.30am	9am	10.15am	11am		8pm	8.45pm	9.45pm	
Main Pool		Staff Training	Aqua Aerobics			Ladies Only swim	Canoes		
Small Pool					6pm				
Wednesday	6.30am		11am	11.15-12pm	12.15pm	5.30pm	7.30pm	8.30pm	9.30pm
Main Pool				Pool Inflatable		Private Booking 9th October ONLY	Octopush	Canoes	
Small Pool		10am				6pm			
Thursday	6.30am			1.30pm	2.30pm			8.30pm	
Main Pool				Staff Training					
Small Pool		10am		Staff Training		6pm			
Friday	6.30am	9am	10.15am	11am		7pm	8pm	8.30pm	
Main Pool		Active For Life	Aqua Aerobics			2 Lanes Masters			
Small Pool						6pm			
Saturday		9am		2pm	4pm	5pm			
Main Pool				Family Fun Session see below					
Small Pool									
Sunday		9am		2pm	4pm	5pm			
Main Pool				Family Fun Session see below					
Small Pool									

Public swimming
 Atlantis sessions-pools closed

Red Times indicate opening and closing

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

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.

Inflatable Sessions

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

Tel: 01631 566800

Fax: 01631 565393

Email: 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

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