

17th April - 2nd July 2017

	6.30am	9am	10am	12pm	12.30pm	4pm	6.30pm	7.30pm	8.30pm-9.30pm				
Monday	Early Birds	Active For Life		Schools - shared use **			4 lanes adults only	Aqua Zumba	Murderball				
Small Pool						Junior Group Swimming Lessons							
Tuesday	7am	8am	9am	10.15am	11am	1pm	2pm	4pm	5pm	7pm	8pm	8.45pm	
Main Pool	Otters	Early Birds	Staff Training	Aqua Aerobics				Rookie - shared use	Oban Lifesavers Club from 2nd May	Ladies Only swim			
Small Pool					Schools - shared use **			Oban Lifesavers Club from 2nd May					
Wednesday	6.30am	9.30am	11.45am	1pm	2pm	2.45pm	3pm	4pm	5.30pm	6pm	6.30	7.30pm	8.30pm
Main Pool	Early Birds	School use			School use		Sea Survival Courses see below			2 lanes from 6.30pm		Octopush	
Small Pool			School use		Junior Group Lessons until 2.30pm			Junior Group Lessons 4 - 7pm					
Thursday	6.30am	9.45am	10am	11.45am	1pm	1.30pm	2.30pm	3.45pm	5pm	7pm	9.30pm		
Main Pool		School use from 4th May				Staff Training		Junior Group Lessons	Oban Otters ASC				
Small Pool					Junior Group Lessons	Staff Training		Junior Group Lessons	Oban Otters ASC				
Friday	6.30am	9am - 10am	10.15am	11am	12pm	12.30pm	1.30pm	2.30pm	4pm	5pm	6pm	7.30pm	
Main Pool	Early Birds	Active For Life	Aqua Aerobics		Schools - shared use **				Rookie Lifeguard-shared use		2 lanes from 6.30pm		
Small Pool				School use until 19/5			Junior Group						
Saturday	9am	12.45pm	1.45pm	2pm	4pm	5.30pm							
Main Pool	Junior Group Swimming Lessons		Pool Party Time		Family Session - See below								
Small Pool	Junior Group Swimming Lessons		Pool Party Time										
Sunday	9am	2pm	4pm	5pm - 6pm									
Main Pool				Family Session - See below	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



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