

## 3rd February - 9th February 2020

	6.30am	9am	10am	11.30am	12.15pm	4pm	6.30pm	7.30pm	8.30pm	9.30pm	
<b>Monday</b>											
Main Pool		Active For Life		Schools - shared use **			Oban Swim School	Oban Swim School	Oban Swim School	Oban Swim School	
Small Pool											
<b>Tuesday</b>											
Main Pool	Oban Otters		Staff Training	Aqua Aerobics			Oban Lifesavers Club	Oban Lifesavers Club	Ladies Only Swim	Canoes	
Small Pool							Oban Lifesavers Club				
<b>Wednesday</b>											
Main Pool				Schools - shared use **		School Use		Family Fun	2 lanes	Octopush	Canoes
Small Pool					Oban Swim School		Oban Swim School				
<b>Thursday</b>											
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			
<b>Friday</b>											
Main Pool		Active For Life	Aqua Aerobics		Schools - shared use **		Rookie		Masters		
Small Pool						Oban Swim School					
<b>Saturday</b>											
Main Pool			Oban Swim School	Pool Party Time		Family Fun Session (no lane swimming)					
Small Pool			Oban Swim School	Pool Party Time							
<b>Sunday</b>											
Main Pool						Family Fun Session (no lane swimming)					
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.  
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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.**

### **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"

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