

# 10th February - 16th February 2020 (Feb Break)

	6.30am	9am	10am		6.30pm	7.30pm	8.30pm	9.30pm
<b>Monday</b>		Active For Life				Aqua Zumba	Murderball Adult Lessons	
Main Pool								
Small Pool					6pm			
<b>Tuesday</b>	7am		10.15am	11am		8pm	8.45pm	9.45pm
Main Pool			Aqua Aerobics			Ladies Only Swim	Canoes	
Small Pool					6pm			
<b>Wednesday</b>	6.30am		10am		5.30pm	6.30pm	7.30pm	8.30pm
Main Pool					Family Fun	2 lanes	Octopush	Canoes
Small Pool					6pm			
<b>Thursday</b>	6.30am		12pm	12.15pm-1pm	1.15pm - 2pm	2.15pm		8.30pm
Main Pool			Inflatable Session	Inflatable Session				
Small Pool							6pm	
<b>Friday</b>	6.30am	9am	10.15am				8pm	
Main Pool		Active For Life	Aqua Aerobics					
Small Pool							6pm	
<b>Saturday</b>		9am		12.30pm	12.45-1.30pm	1.45pm	2pm	4pm
Main Pool				Pool Party		Family Fun Session (no lane swimming)		
Small Pool				Pool Party				
<b>Sunday</b>		9am			2pm	4pm	5pm	
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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