



# 6TH - 12TH AUGUST 2018

	6.30am	9am	10am	11.15-12pm	12.15pm	6pm	6.30pm	7.30pm	8.15pm-9pm
<b>Monday</b>	Early Bird Swim	Active for Life		<b>INFLATABLE SESSION</b>					
Main Pool							4 lanes adults only	Aqua Zumba	<b>Murderball</b>
Small Pool									
<b>Tuesday</b>	6.30am	9am	10.15am	11am		5pm	6pm	8pm-8.45pm	
Main Pool	Early Bird Swim	Staff Training	Aqua Aerobics			<b>Otters ASC until 7th</b>		Ladies Only swim	
Small Pool									
<b>Wednesday</b>	6.30am	10am	11.15-12pm	12.15pm		6pm	7.30pm	8.30pm	
Main Pool	Early Bird Swim		<b>INFLATABLE SESSION</b>					<b>Octopush</b>	
Small Pool									
<b>Thursday</b>	6.30am					5pm	6pm	8.30pm	
Main Pool	Early Bird Swim					<b>Otters ASC until 9th</b>			
Small Pool									
<b>Friday</b>	6.30am	9am	12.45pm			6pm	8.30pm		
Main Pool	Early Bird Swim	<b>SUMMER SENSATIONS</b>							
Small Pool			<b>SUMMER SENSATIONS</b>						
<b>Saturday</b>		9am	12pm	2pm	4pm	5pm			
Main Pool		<b>SUMMER SWIM SCHOOL</b>		Family Fun Session see below					
Small Pool		<b>SUMMER SWIM SCHOOL</b>							
<b>Sunday</b>		9am	2pm	4pm	5pm				
Main Pool			Family Fun Session see below						
Small Pool									



	Public swimming		Atlantis sessions-pools closed
	Clubs		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.  
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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**

## 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.**  
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### **Lane Swimming sessions**

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

For swimmers wishing to gain confidence during a quiet, leisurely session  
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### **Aqua Aerobics**

A challenging fitness workout using various specialised equipment in the water.  
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### **Public sessions**

Suitable for all types of swimmers and excellent for children and families.  
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### **Pool Birthday Parties**

There are a range of different types on offer. Please consult our leaflet or ask at Reception.  
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### **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.  
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### **Youth Nights for High School age**

Facilities throughout the centre are used for our Freestyle Friday event including the inflatable fun session.  
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## **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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