

FROM 21st OCTOBER - 30th NOVEMBER 2019

	6.30am	9am	10am	11am	11.30am	12.15pm	4pm	6.30pm	7.30pm	8.30pm	9.30pm				
Monday		Active For Life	Schools from 11/11		Schools - shared use **										
Main Pool								Oban Swim School	Oban Swim School	Oban Swim School	Oban Swim School				
Small Pool			not 25/11												
Tuesday	7am	8am	9am	10.15am	11am		5pm		8pm	8.45pm	9.45pm				
Main Pool	Oban		Staff Training	Aqua Aerobics			Oban Lifesavers Club	Oban Lifesavers Club	Ladies Only swim	Canoes					
Small Pool							Oban Lifesavers Club								
Wednesday	6.30am	7am	8am	10am	10.30am	1pm	2pm	2.45pm	3pm	4pm	5.30pm	6.30pm	7.30pm	8.30pm	9.30pm
Main Pool		Otters - 1 lane					School use		Sea Survival Courses	Family Fun	2 lanes	Oban Swim School	Oban Swim School	Oban Swim School	Oban Swim School
Small Pool				Schools - shared use		Oban Swim School									
Thursday	6.30am		10am	11.30am	12.15pm	1pm	1.30pm	2.30pm	3.30pm	3.45pm		6.40pm		9.30pm	
Main Pool				Schools - shared use **			Staff Training				Oban Swim School	Oban Swim School	Oban Swim School	Oban Swim School	
Small Pool						Oban Swim School	Staff Training				Oban Swim School				
Friday	6.30am	9am	10.15am	11am	11.30am	12.15pm	1.30pm	2.30pm	4pm	5pm	7pm	8pm			
Main Pool		Active For Life	Aqua Aerobics		Schools - shared use **				Rookie - 2 lanes		Masters				
Small Pool							Oban Swim School								
Saturday		9am		12.30pm	12.45-1.30pm	1.45pm	2pm	4pm	5pm						
Main Pool			Oban Swim School	Oban Swim School	Pool Party Time		Family Fun Session (no lane swimming)								
Small Pool			Oban Swim School	Oban Swim School	Pool Party Time										
Sunday		9am				2pm	4pm	5pm	6pm						
Main Pool						Family Fun Session (no lane swimming)	Oban Otters								
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.
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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