

SEPTEMBER 2018

	6.30am	9am	10am	11am	11.30am	12.15pm		4pm	6pm	6.30pm	7.30pm	8.30pm		
Monday		Active For Life			Schools - shared use **					Oban Swim School	Oban Lifesavers Club	Murderball		
Main Pool										Masters Lane Swimming	Aqua Zumba			
Small Pool														
Tuesday	7am	8am	9am	10.15am	11am			4.30pm	5pm	7pm	8pm	8.45pm		
Main Pool	Oban Otters		Staff Training	Aqua Aerobics				2 lanes	Oban Lifesavers Club	Oban Lifesavers Club	Ladies Only swim			
Small Pool								Rookie LG						
Wednesday	6.30am	7am	8pm	10am		1pm	2pm	2.45pm	3pm	4pm	5.30pm	6.30pm	7.30pm	8.30pm
Main Pool		Oban Otters					School use		Sea Survival Courses (check Website Calendar)	Family Fun	2 lanes	Octopush		
Small Pool							ObanSwim School			Oban Swim School				
Thursday	6.30am		10.15am	11am	11.30am	1pm	1.30pm	2.30pm	3.30pm	3.45pm	6pm	6.40pm	9.30pm	
Main Pool					Schools - shared use until 12.15pm		Staff Training			Oban Swim School	Oban Otters A.S.C.			
Small Pool				School use		ObanSwim School	Staff Training		Oban Swim School					
Friday	6.30am	9am - 10am	10.15am	11am	11.30am	12.15pm	1.30pm	2.30pm	4pm	5pm	6pm	7pm	8pm	
Main Pool		Active For Life	Aqua Aerobics		Schools - shared use **				2 lanes until 7pm	Oban Swim School		Masters	Freestyle Friday	
Small Pool							Oban Swim School		Rookie LG					
Saturday		9am			12.45pm	1.45pm	2pm	4pm	5.30pm					
Main Pool			Oban Swim School		Family Inflatable Session		Family Fun Session no lane swimming							
Small Pool			Oban Swim School											
Sunday		9am					2pm	4pm	6pm					
Main Pool							Family Fun Session no lane swimming	Oban Otters A.S.C.						
Small Pool														

Public swimming
 Atlantis sessions-pools closed
 Clubs & schools
 Pools closed
 Private Hire
 Red times indicate opening and closing times

Please refer to notice board at Wet Change, Website calendar, Facebook and telephone system for any changes to programme.

** 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.
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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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Masters Lane Swimming

Lane swimming for the more experienced swimmers
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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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