

# February 17th - March 29th 2020

		6.30am	9am	10am	10.30am	11.30am	12.15pm	4pm	6.30pm	7.30pm	8.30pm	9.30pm	
<b>Monday</b>	Main Pool		Active For Life		School Use	Schools - shared use **			Oban Swim School	Oban Swim School	Oban Swim School	Oban Swim School	
	Small Pool				School Use								
<b>Tuesday</b>	Main Pool	Oban Otters		Staff Training	Aqua Aerobics				Oban Lifesavers Club	Oban Lifesavers Club	Ladies Only Swim	Canoes	
	Small Pool			School Use					Oban Lifesavers Club				
<b>Wednesday</b>	Main Pool			Schools - Shared Use	School Use	Schools - shared use **		School Use	Sea Survival	Family Fun	2 lanes	Octopush	Canoes
	Small Pool			School Use			Oban Swim School		Oban Swim School				
<b>Thursday</b>	Main Pool			School Use	Schools - shared use **		Staff Training		Oban Swim School			Oban Otters	
	Small Pool			School Use			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.
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](http://www.atlantisleisure.co.uk)

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