

8th - 21st October 2018

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|------------------|--------------------|--------------------|------------------|---------|------|------------------------------------|--------------------------|---------------------|---------------|---------------|--------|
| | 6.30am | 9am | 10am | | | | 6pm | 7.30pm | 8.30pm-9.30pm | | |
| Monday | Early Bird Swim | Active for Life | | | | | 4 Lanes - Adults only | Aqua Zumba | Murderball | | |
| Small Pool | | | | | | | | | | | |
| | 6.30am | 9am | 10.15am | 11am | | | | 6pm | 8pm-8.45pm | | |
| Tuesday | Early Bird Swim | Staff Training | Aqua Aerobics | | | | | Ladies Only swim | Canoe Club | | |
| Small Pool | | | | | | | | | | | |
| | 6.30am | 10am | | | | | 3pm | 5pm | 6pm | 7.30pm | 8.30pm |
| Wednesday | Early Bird Swim | | | | | PRIVATE HIRE 17TH OCTOBER ONLY | | | Octopush | Canoe Club | |
| Small Pool | | | | | | | | | | | |
| | 6.30am | 10am | | | | | 6pm | 8.30pm | | | |
| Thursday | Early Bird Swim | | | | | | | | | | |
| Small Pool | | | | | | | | | | | |
| | 6.30am | 8am | 9am - 10am | 10.15am | 11am | | | | 6pm | 7pm | 8.30pm |
| Friday | Early Bird Swim | Active for Life | Aqua Aerobics | | | | | 2 Lanes | | | |
| Small Pool | | | | | | | | | | | |
| | 9am | | | | | 2pm | 4pm | 5.30pm | | | |
| Saturday | | | | | | Family Session no lane swimming | | | | | |
| Small Pool | | | | | | | | | | | |
| | 9am | | | | | 2pm | 4pm | 5.30pm | | | |
| Sunday | | | | | | Family Session no lane swimming | | | | | |
| Small Pool | | | | | | | | | | | |

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|-----------------|--------------------------------|--------------|--|
| Public swimming | Atlantis sessions-pools closed | Private hire | Red Times indicate opening and closing time. |
| Clubs & schools | Pools closed | | |

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

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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