

# FROM 1ST - 10TH FEBRUARY 2019

	6.30am	9am	10am	11.30am	12.15pm	4pm	6pm	6.30pm	7.30pm	8.30pm-9.30pm				
<b>Monday</b>		Active For Life		Schools - shared use **				Obtters - 2 lanes	Aqua Zumba	Murderball				
Main Pool								Masters Lane Swimming						
Small Pool								Oban Swim School						
<b>Tuesday</b>	7am	8am	9am	10.15am	11am	4.30pm	5pm	7pm	8pm	8.45pm				
Main Pool	Oban Otters		Staff Training	Aqua Aerobics		Rookie - 2 lanes		Oban Lifesaving Club	Ladies Only swim	Canoe Club				
Small Pool								Oban Lifesaving Club						
<b>Wednesday</b>	6.30am	7am-8am	9.30am	10am	10.30am	1pm	2pm	2.45pm	3pm	4pm	5.30pm	6.30pm	7.30pm	8.30pm
Main Pool		Obtters - 1 lane	School use			School use		Sea Survival Courses	Family Fun	2 lanes	Octopush	Canoe Club		
Small Pool			Schools - shared use			Oban Swim School			Oban Swim School 4-7pm					
<b>Thursday</b>	6.30am		10.30am	11.30am	12.15pm	1pm	1.30pm	2.30pm	3.30pm	3.45pm	6pm	6.40pm	9.30pm	
Main Pool			Schools - shared use **			Staff Training				Oban Swim School		Oban Otters A.S.C.		
Small Pool						Oban Swim School	Staff Training		Oban Swim School					
<b>Friday</b>	6.30am	9am - 10am	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							
<b>Saturday</b>		9am		12.45pm	1.45pm	2pm	4pm	5.30pm						
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>		9am				2pm	4pm	5pm						
Main Pool						Family Fun Session no lane swimming								
Small Pool														

	Public swimming		Atlantis sessions-pools closed
	Clubs & schools		Pools closed

Red Times indicate opening and closing time.

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.

Family Session - For Family Fun. No Lane swimming at this time.

## 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 Parties**

**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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