

## FROM 7TH TO 31ST JANUARY 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 **				Oban Swim School	Oban Lifesavers Club from 15/1	Murderball				
Main Pool								Masters Lane Swimming	Aqua Zumba					
Small Pool														
<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 Lifesavers Club from 15/1	Ladies Only swim	Canoe Club				
Small Pool								Oban Lifesavers Club from 15/1						
<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		Oban Otters - 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	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	

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.  
-
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**

## 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.**  
-

### **Lane Swimming sessions**

One or two lanes are provided for those wishing to do lengths. There are 4 lane swim sessions in the programme.  
-

### **Active For Life**

For swimmers wishing to gain confidence during a quiet, leisurely session  
-

### **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.  
-



## **Swimming Pool Programme**

**7th - 31st January 2019**



"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)

**Tel: 01631 566800**  
**Fax: 01631 565393**  
**Email: [atlantis@atlantisleisure.co.uk](mailto:atlantis@atlantisleisure.co.uk)**

