

Applemore health and leisure swimming times - MAIN POOL

Monday 6 September - Friday 17 December 2010 (excluding school holidays)

Time	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
Main pool swimming	Monday	Early risers (Lx3) 6.30-8.45		School use			Lane swim (Lx3) 12.30-1.30	Schools use	Club Active 3.00-3.55	Academy lessons 4.00-5.40	Family swim 5.45-6.45	Public 6.45-7.45 (1 lane used for lessons)	Aqua 8.00-8.45	Adults only (Lx3) 9.00-10.00				
	Tuesday	Early risers (Lx3) 6.30-9.00		Aqua 9.30-10.15	Adults only 10.15-11.45	Lane swim (Lx3) 12.00-1.30	School use	Club Active 3.00-3.55	Academy lessons 4.00-5.55	Family swim 6.00-7.00 (1 lane used for lessons)	Public 7.00-8.00 (1 lane used for lessons)	Adults only 8.00-10.00						
	Wednesday	Early risers (Lx3) 6.30-8.45		School use			Lane swim (Lx3) 12.30-1.30	Adults only 1.45-3.00	Club Active 3.00-3.55	Academy lessons 4.00-8.00			Aqua 8.05-8.50	Adults only (Lx3) 9.00-10.00				
	Thursday	Early risers (Lx3) 6.30-8.45		School use			Lane swim (Lx3) 12.30-1.30	Schools use	Club Active 3.00-3.55	Academy lessons 4.00-5.20	Family swim 5.25-6.30	Public 6.30-7.30	Waterpolo Club 7.30-8.30	Adults only 8.45-10.00				
	Friday	Early risers (Lx3) 6.30-8.45		School use			Lane swim (Lx3) 12.30-1.30	Schools use	Club Active 3.00-3.55	Academy lessons 4.00-7.15			Adult lessons* 7.15-8.00					
	Saturday	Public 7.30-8.25	Academy lessons 8.30-11.00		Inflatable Fun swim 11.15-12.30		Adults only (Lx3) 12.45-1.45	Family swim 2.00-3.00	Public 3.00-4.00	Available for parties and private hire 4.15-5.15								
	Sunday	Early risers (Lx3) 7.30-8.30	Family swim 8.45-10.00		Public 10.00-12.15		Adults only (Lx3) 12.30-1.30	Public 1.45-5.00		Public (Lx2) 5.00-7.00								

Prices	
Under 8s	FREE
Under 17s	£2.00
Concessionary swim	£1.05
Club 816 member swim	£1.75
Adult (17 & over)	£3.50
Concessionary swim	£1.70
Over 60s	£2.50
Club Active member swim	£2.00

Pool hygiene

- Wear a swim hat or tie back your hair.
- Consider using the toilet before swimming.
- All swimmers are expected to shower prior to entering the pool. This is to help encourage good hygiene education and to reduce the amount of contaminants in the pool. This in turn reduces the amount of chemicals we have to introduce into the water in order to keep it clean and hygienic.

Lockers

Please use the lockers provided to store your belongings. Do not leave them in cubicles. Items left unattended in cubicles will be treated as lost property and held at reception.

Disabled access

Each centre is fully accessible to disabled customers and wheelchair users. Provisions include parking facilities, accessible toilet and changing areas, hoist for easy entry into the pool, an induction loop at reception.

(L) Lane

One lane available for continuous swimmers.
Lx = indicates number of lanes available.

Private lessons may occur during any session.

Swim Academy lessons

New Forest Health and Leisure Swim Academy is an established provider of teaching, learning and coaching swimming.

No public swimming during lesson times.

Family swim

Minimum one adult with child 17yrs and under.

Inflatable fun swim

11.15am-12.00noon with inflatable 12.00noon - 12.30 floats only. No general swimming available at this time.

*Adult lessons

Pay as you go adult lessons.

These programmes will change during Hampshire school holidays.

Applemore health and leisure swimming times - LEARNER POOL

Monday 6 September - Friday 17 December 2010 (excluding school holidays)

Telephone: 0845 659 0845
 newforest.gov.uk/leisure

Time	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
Monday		Public 6.30-8.45		School use			Parent & under 5s 12.30-1.30		Schools use	Academy lessons 3.00-5.40		Parent & under 8s 5.45-7.45			Aqua 8.00-8.45	Public 9.00-10.00		
Tuesday		Public 6.30-9.00		Aqua 9.30-10.15	Parent & under 5s 10.15-11.45		Parent & under 5s 12.00-1.30		Schools use	Parent & under 5s 3.00-3.55		Academy lessons 4.00-5.55		Parent & under 8s 6.00-8.00		Public 8.00-10.00		
Wednesday		Public 6.30-8.45		School use			Academy lessons 11.00-1.00		Parent & under 5s 1.00-3.30		Academy lessons 3.30-8.00				Aqua 8.05-8.50	Public 9.00-10.00		
Thursday		Public 6.30-8.30		School use			Parent & under 5s 12.30-1.30		Schools use	Parent & under 5s 3.00-3.55		Academy lessons 4.00-5.20		Parent & under 8s 5.25-7.30			Public 8.45-10.00	
Friday		Public 6.30-8.45		School use			Parent & under 5s 12.15-1.30		Schools use	Academy lessons 3.25-7.15				Adult lessons* 7.15-8.00				
Saturday		Public 7.30-8.25		Academy lessons 8.30-11.00			Fun swim 11.15-12.30		Parent & under 5s 12.45-1.45		Parent & under 8s 2.00-4.00		Available for parties and private hire 4.15-5.15					
Sunday		Public 7.30-8.30		Parent & under 5s 8.45-10.30		Parent & under 8s 10.30-12.15		Parent & under 5s 12.30-1.30		Parent & under 8s 1.45-7.00								

Swimming nappy policy

For health and hygiene reasons all babies and children, who are not toilet trained, must wear a swimming nappy whilst using the pool. Swim nappies can be purchased from reception.

Age restrictions

The supervision for under 8yr olds during public swimming is 1 responsible person (over 16yrs) to 2 under 8yrs. Children must be accompanied in the water. Please contact reception for more details on supervision ratios.

Safe swimming

Anyone suffering from intestinal disorders, e.g. gastroenteritis should not use the pool for at least 3 weeks.

Fun swim

Pool toys available during this session.