

# General Swimming Information and Rules of the Pool

- Members will be asked to leave the pool 5 minutes before the programmed session ends.
- No under 8's may use the pool unless accompanied by a responsible person over the age of 18. There is a maximum ratio of 2 children under 8, to 1 adult in the swimming pool.
- St Mary's School Sports Centre offers a locker system free of charge to all members. Pack belongings carefully and lock them securely. In your own interest, please do not bring valuables into the centre.
- The lockers will be checked each evening before close and any lockers that are still being used will have their contents retained.
- Members are requested to swipe their membership cards at reception and only proceed to the pool changing rooms when notified by the receptionist.
- Last entrance will be allowed 30 minutes before closing time.
- Please inform pool staff of any medical conditions e.g. epilepsy, asthma, heart problems etc.
- Armbands are not available to borrow, however they may be purchased from reception.
- Anyone with a verruca must wear an approved verruca sock (also available to buy at reception).



# Swimming Pool Programme



Monday 27th May –  
Sunday 2nd June 2019



Calne Wiltshire SN11 0DF

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e: [sportscentre@stmaryscalne.org](mailto:sportscentre@stmaryscalne.org)

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More people  
More active  
More often

## Monday

**BANK HOLIDAY**  
**6.30am-1.30pm**

6.30am - 10.00am Member Swim  
10.00am - 12.00pm Fun Swim  
12.00pm - 1.30pm Member Swim

## Wednesday

6.30am - 09.30am Member Swim  
10.00am - 12.00pm Fun Swim  
12.00pm - 1.20pm Member Swim  
3.00pm - 4.30pm Fun Swim  
4.30pm - 6.00pm Member Swim  
6.00pm - 8.00pm Member Lanes  
8.00pm - 9.30pm Member Lane Swim

## Friday

6.30am - 10.00am Member Swim  
10.30am - 12.00pm Fun Swim  
12.30pm - 4.00pm Member Swim  
4.00pm - 5.00pm Fun Swim  
5.00pm - 6.30pm Member Lanes  
8.30pm - 9.30pm Member Swim

## Sunday

7.30am - 10.00am Member Swim  
10.00am - 12.00pm Fun Swim  
12.00pm - 1.00pm Member Swim  
1.15pm - 2.00pm [Inflatable Fun](#)  
2.00pm - 3.30pm [Available for private hire](#)  
4.00pm - 6.00pm Member Swim

## Tuesday

6.30am - 09.30am Member Swim  
10.00am - 12.00pm Fun Swim  
12.30pm - 1.30pm Member Swim  
1.30pm - 4.00pm Fun swim  
4.30pm - 6.30pm Member Swim  
6.30pm - 7.30pm Aqua Fit  
7.30pm - 9.00pm Member Lane Swim  
9.00pm - 9.30pm Member Swim

## Thursday

6.30am - 8.45am Member Swim  
9.00am - 9.45am Aqua Fit  
10.00am - 12.00pm Fun Swim  
12.30pm - 3.45pm Member Swim  
4.00pm - 6.00pm Fun Swim  
6.00pm - 7.00pm Member Swim  
7.30pm - 8.30pm Swim Smart  
8.30pm - 9.30pm Member Swim

## Saturday

7.00am - 10.00am Member Swim  
10.00am - 12.00pm Fun swim  
12.00pm - 4.00pm Member Swim  
4.00pm - 5.00pm Fun Swim  
5.00pm - 7.00pm Member Swim

## Member Swim

The pool will be divided into two, one half for lane swimming and the other for general swimming.

## Member Lane Swim

Only 3 lanes are available to members for lane swimming unless otherwise stated.  
**(Competent swimmers only. Lane etiquette to be followed at all times).**

## Member Lanes

All lanes are available to members for lane swimming unless otherwise stated.  
**(Competent swimmers only. Lane etiquette to be followed at all times).**

## Fun Swim

A fun children's session with a range of floats. 3 lane adult lane swim still available.

## Inflatable fun

Our Twin Track Inflatable runs from the shallow end to the deep end so you can race against your friends. **Recommended ages: 8 years and up.**

## Aqua Fit

This class is designed for all fitness and swimming levels. Have fun and challenge yourself with water resistance in this low impact cardiovascular workout. **Non-swimmers welcome.**

## Swim Fit

If you're looking for an alternative way to work out in the pool, then Swim Fit is for you! This session is all about getting results and helping you achieve your goal, whether it is to lose weight, to tone, to improve technique, or just to become fitter and stronger. So make Swim Fit part of your life and get active today.

## Swim Smart

Coached by British Masters Champion Nikki Harris, this session caters for beginners to competitive swimmers and concentrates on swimming fitness, drills, technique and stroke development.  
**Participants must be able to swim 100m unaided.**

## NPLQ

National Pool Lifeguard Qualification. This is a pre-booked course running over half term. Specified sessions on the programme will be shared with this course training in the pool.

### Dates for your diary:

**Monday 27th May– Bank Holiday, reduced opening hours 6.30am-1.30pm**

**We apologise for any inconvenience this may cause to your visit.**