

South Mainland Pool – What’s on this summer?

Activity	Description	Days
Public Swimming	A session for swimming lengths or family fun, we'll set up the pool based on your needs.	Every day – see timetable for more info
Relaxed Hour	The same as public swimming but in a quiet and low lit setting – suitable for those with sensory issues/needs	Fridays 1700
Ladies Only Swimming	Public swimming but for ladies only	Thursday 1700
Private Hires	Hire the building exclusively for your friends/family including all pools and steam room. Only available by phone. Up to 12 people £27.05 Up to 24 people £52.40	Every day where a public swimming session is currently empty
Birthday parties	As above for private hires Add the inflatable for £74.20 Only available by phone	As above (please note inflatable can only be agreed when we have 3x staff members on shift)
Swim Schools	A 30 minute lesson each day Monday to Friday that week – ideal for helping pupils to progress quickly	Monday to Friday, different levels each week – please see separate timetable for more information
Aqua Run Inflatable	Our challenging pool inflatable is back for the summer – suitable for all ages – under 8s must be accompanied by an adult. Children who have not achieved their 'deep end test' must wear armbands	Monday 1315/1430 Wednesday 1430/1540 Friday 1330
Pool and Slip'n'slide Fun Session	An hour of fun in the pool and (weather permitting) we'll have our slip'n'slide outdoors!	Tuesday 1400 Thursday 1400
Deep End Test Training	Training, tips and a few tricks to help you pass your deep end test – for children who are working at swim skills 2 and higher	Thursday 1600
One to One lessons	30 minutes, one to one with our teachers in a private pool space to work on anything you like – for beginners to competitive swimmers	Monday 1600/1630 Friday 1600/1630
Advanced Coaching	Summer Coaching for club swimmers to keep up their fitness and skills until SMASC returns in August	Wednesday 1700 Saturday 0940 (every 2 weeks)



01595-807719