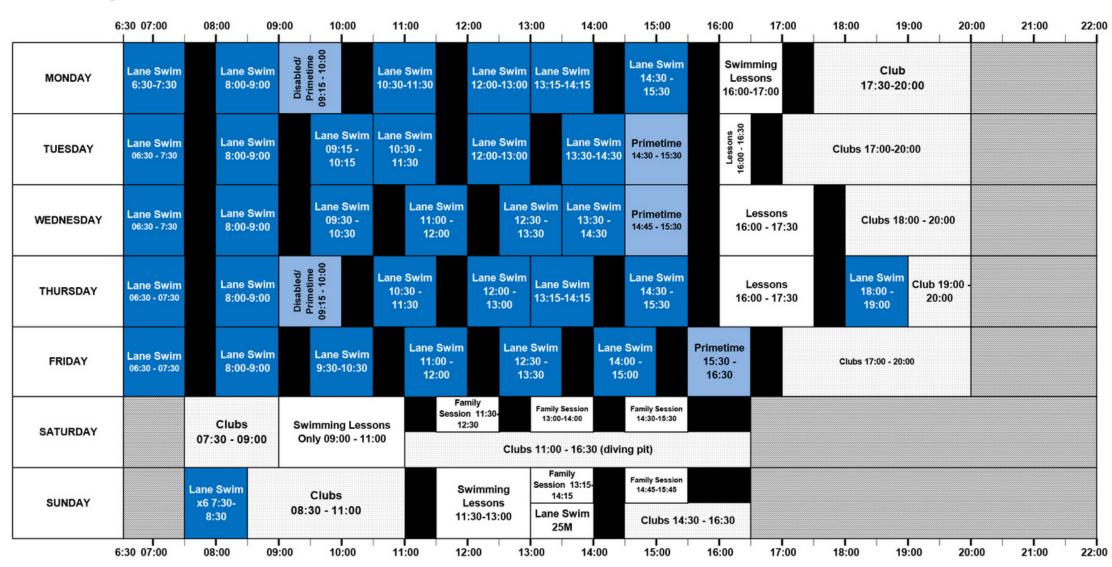


White Oak Leisure Centre

Pool programme 28 Sept - 25 Oct 2020

Main pool

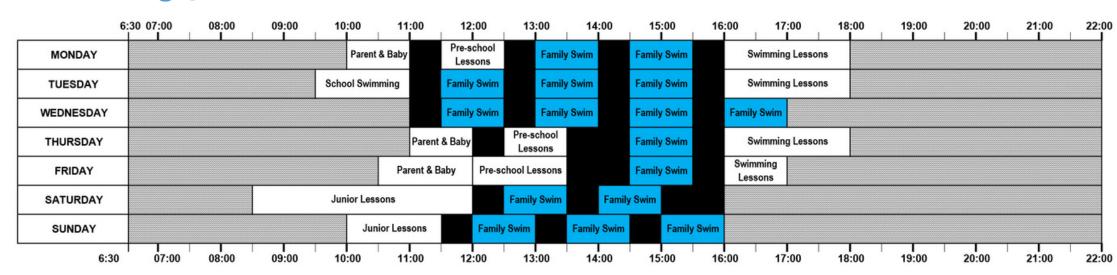




White Oak Leisure Centre

Pool programme 28 Sept - 25 Oct 2020

Teaching pool



Lane Swim

Three lanes available at slow, medium or fast pace swimming. Swimming for all abilities, minimum age of 14 years apply and continuous swimming is required. Life Guard will monitor the speed of swimmers and may ask users to switch lanes if required.

Family Swim

Bookable sessions for families to swim. Bookable in Main Pool or Teaching Pool for all abilities. Please ensure you allow for social distancing from other families. All Pool rules apply, no personal use of inflatables, snorkels, balls.

Swimming Lessons

The lessons have exclusive use of the pool, please make sure you have checked the start time of your lesson as we are doing staggered starts.

Clubs

The Main Pool is hired for use of clubs to train for competitions and other activities

Schools

Schools from the area visit the centre to complete swimming lessons as part of the National Curriculum. Where schools do not attend, Lane Swimming will become available

Lifeguard Training

Training sessions are scheduled for the lifeguards as part of their ongoing competency

This programme may be subject to change

Swim rules apply. See sencio.org.uk/white-oak/swim