

Swim times

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.
- Appropriate swim wear (i.e. not underwear or cut-off jeans)

Lockers

Please use the lockers provided to store your belongings.
Do not leave them in cubicles.

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.

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. Private lessons may occur during any session.

Swimming nappy policy

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.

We reserve the right to change the programme without prior notice.

Under 8yrs child admission policy

During unprogrammed public sessions all under 8yrs must be accompanied in the pool(s) by a parent 16yrs+ or an adult 18yrs+ according to the following ratios. The parent or adult must maintain a constant watch over them and be in close contact with any weak or non-swimmers.

Area	Age/swimming ability of child	Must be accompanied by
Learner Pool	Maximum three children aged 4-7yrs or Maximum two children if one or more children are under the age of 4yrs Buoyancy aids must be worn by all the non swimmers	One parent or responsible person over the age of 18yrs
Designated shallow end in main pool	Non swimmers (under 8yrs). Maximum two children Buoyancy aids must be worn	One parent or responsible person over the age of 18yrs
	Non swimmers (under 8yrs) with no armbands or other suitable buoyancy aids. Maximum one child	One parent or responsible person over the age of 18yrs for each child
Learner and main pool	Swimmers (under 8yrs). Maximum two children	One parent or responsible person over the age of 18yrs
<p>The centre reserves the right to insist that any under 8yrs must wear buoyancy aids if in their opinion they are a weak or non-swimmer. Guidance on acceptable buoyancy aids is available from reception or our website. The above advice has been taken from the Chartered Institute for the Management of Sport and Physical Activity July 2014</p>		

Prices	
Under 8yrs	FREE
Under 18yrs	£2.70
Concessionary Under 18yrs	£1.35
Teen Active member	£2.20
Fun Time Under 18yrs	£2.70
Adult 18yrs+	£5.30
Concessionary 18yrs+	£2.65
Senior 65yrs+	£3.40
Senior Active member	£2.60