

**ADULT LANES:** Adults only lane swimming.

**LANE SWIM:** Lanes available for competent swimmers.

**SCHOOL USE OF POOL:** JAGS, JAPS & School Swim only.

**SWIMMING LESSONS:** Parts of pool reserved for swimming lessons. Pool is restricted to swimming lessons only on Saturday between 9.00am-11.15am.

**FAMILY SWIM:** Children of all ages are welcome to swim when in ratio to the pool admission policy.

**FUN FLOAT SESSION:** Floats and equipment are available for use during times permitted. Children of all ages are welcome to swim when in ratio to the pool admission policy.

**GENERAL SWIM:** Pool is available for a free for all swim.

**CHARTER SCHOOL SWIM CLUB:** Pool is reserved for the Charter School Swim Club.

**STAFF TRAINING:** Pool is closed for staff National Pool Life Guard training.

**PRIVATE SWIM LESSONS:** Private swimming lessons are available in times provided.

**INFLATABLE SESSION:** Same as the Fun Float Session and includes our fun inflatable slide.

All times are subject to change.

JAGS and JAPS School Galas have priority, but sufficient notice will be given via our website, ebulletin or by the use of posters.

### Handy Guide to swimming distances:

1 Width = 12 metres      1 length = 25 metres

32 lengths = 800 metres (half a mile)

64 lengths = 1600 metres (one mile)

### CHILD ADMISSION POLICY

**A Child under the age of 4yrs must have one to one supervision with an adult.**

**An adult can supervise two children between the ages of 4 yrs and 8yrs of age.**

**Children between the age of 8yrs and 12yrs can use the pool as long as there is an adult either on the poolside or balcony.**

**Please remember that goggles, armbands and other other saleable equipment can be purchased from our reception.**



[www.jagssportsclub.co.uk](http://www.jagssportsclub.co.uk)  
[info@jagssportsclub.co.uk](mailto:info@jagssportsclub.co.uk)  
0208 613 6500

# Pool Timetable

[www.jagssportsclub.co.uk](http://www.jagssportsclub.co.uk)



## 2009 SWIMMING POOL PROGRAMME

06:30	07:00	07:30	08:00	08:30	09:00	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00		
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## HOLIDAY TIME SWIMMING POOL PROGRAMME

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