

Child admission policy

- **Under 14:** Children under the age of 14 must always be accompanied in the water for unprogrammed swimming. A maximum of two children under 8 per adult over 18 years are permitted
- We recommend that under 4 or those with specific additional medical or other needs should be accompanied by a parent or responsible adult on a 1:1 basis
- It is the responsibility of the adult to:
 - Provide safe supervision of their children always
 - Always remain in the water with their children while maintaining a constant watch and be within arm's length of their children who are weak and non-swimmers.
 - Ensure that all weak and non-swimmers wear appropriate floatation aids if required
- **Under 16:** are not permitted to use the Sauna, Steamroom or Jacuzzi
- **Under 16:** are not permitted to use the gym or class facilities unless part of a scheduled supervised programme
- **Pay as you go:** is not available to anyone under the age of 18 unless accompanied by an adult using the facilities, then the above policy would apply
- Pool access might be denied if we have reached maximum user load
- Pool opening times: Monday – Friday 07.00 – 21.30.
Saturday & Sunday – 08.30 – 21.30
- All children must be out of the pool at 19.00 daily

Parents and guardians should be aware that The Fitness Club changing facilities are open plan, but not unisex. Parents should decide when it is appropriate to have children use changing rooms of the opposite gender, however we also have to consider that all our members should be able to feel comfortable when using changing rooms, we ask parents to be sensitive to this.