

Spirit Health Cub - Pool Rules and Information

This is a shared facility and all users must please respect the H&S rules that are in place to ensure the cleanliness, safety and enjoyment for everyone using the facility.

Parking:

Parking for our swimmers is free.

Please park your car (you do not need to pay at the machine), head for Reception and please let them know you are heading to Aqua Aims Swimming Lessons at the Health Club. You will need to enter your number plate into the screen. They will then point you in the right direction to the Health Club but it is all signposted at Reception and easy to find.

Changing and Changing Rooms:

Please do not enter the changing rooms or Health Club more than ten minutes before the start of class. If you arrive to the Hotel earlier please take a seat in the Reception area before heading round to the Health Club to change. This is to keep the changing rooms less crowded for other users.

Arrive “swim ready” if possible to reduce the amount of time needed in the changing rooms, wearing your swimwear under loose fitting clothes for ease of changing and easy to remove footwear.

Spirit Health Club ask all users to remove shoes and socks before entering their changing rooms, please do help us by following their pool rules.

Please do not bring food or talcum powder into the changing rooms.

No prams or pushchairs are allowed in the changing rooms. Please bring a suitable carry chair.

What to Bring:

The correct Swim nappy, nappy bags, towels, rollup changing mat, carry chair, swim wear and a parents T shirt to wear over the top of your swimwear.

Changing:

Lockers are available you need a £1 coin which is returned to you.

Do not leave baby on your changing mat on the bench, in case they roll off and fall. We always recommend changing baby on your changing mat on the floor for safety.

The carry chair means you have somewhere safe for baby too sit whilst you are changing.

Please do not leave baby unattended at anytime, this is a public venue and like anywhere your baby is your responsibility at all times.

Once you are both Changed and Ready to Swim:

Once you are both changed and ready to swim, place belongings in the locker, place towels on top in the locker so it is easy to reach and wrap baby after class.

Place carry chairs under the benches please so that others do not trip over them whilst you are swimming.

Please take a seat until your Teacher comes to collect you and walks you through to the poolside.

Our Teacher will walk her class back to the changing rooms and then call her next class through when ready, this means that no one is walking around or waiting poolside whilst others are swimming.

No footwear is allowed poolside.

Please do not come through onto the poolside until you are asked to do so by your Teacher.

Pool and Instruction:

Our Teachers instruct all classes from the poolside and do not get into the water, this ensures that we have a safe overview of the whole class group at all times and also ensures that we can watch the whole group to ensure that the correct practices are being preformed safely at all times.

We use a shared pool having a designated section measuring 2.5m x 14m for our one class group. Other Club users are in the pool and pool area during our classes.

The water is kept at 31°C at Spirit Health Club.

The depth is 1.1m graduating to 1.3m at its deepest part.

After Class:

Our Teacher will walk you back to the changing rooms, please do remember to take all belongings away with you including all used nappies.

Please remember all pool rules are in place to ensure your safety and the safety of others using the facility.