

Pool in the Park





Adult/Child Safety Ratios

All children under eight years must be accompanied in the water at all times by an adult 16+. in the ratios listed for the pool. All nonswimmers should use a buoyancy aid.

Leisure Lagoon & Competition Pool Safety Ratio

Children under four years must be accompanied in the water at all times by an adult on a one to one ratio and wear a buoyancy aid. Children aged between four and eight years can be accompanied in the water at all times on a ratio of one adult to two children.

Teaching Pool Safety Ratio

Up to two children under eight years can be accompanied in the water at all times by an adult 16+. Children under four years must use a suitable buoyancy aid (not provided).



bit.ly/wokingpoolinthepark 01483 771122

W3W ///open.forces.system



Structured Workouts with clear swim sets, reps,

and rest intervals.



All Abilities Welcome Goal-Oriented Low-Impact Exercise

Check timetable for sessions!

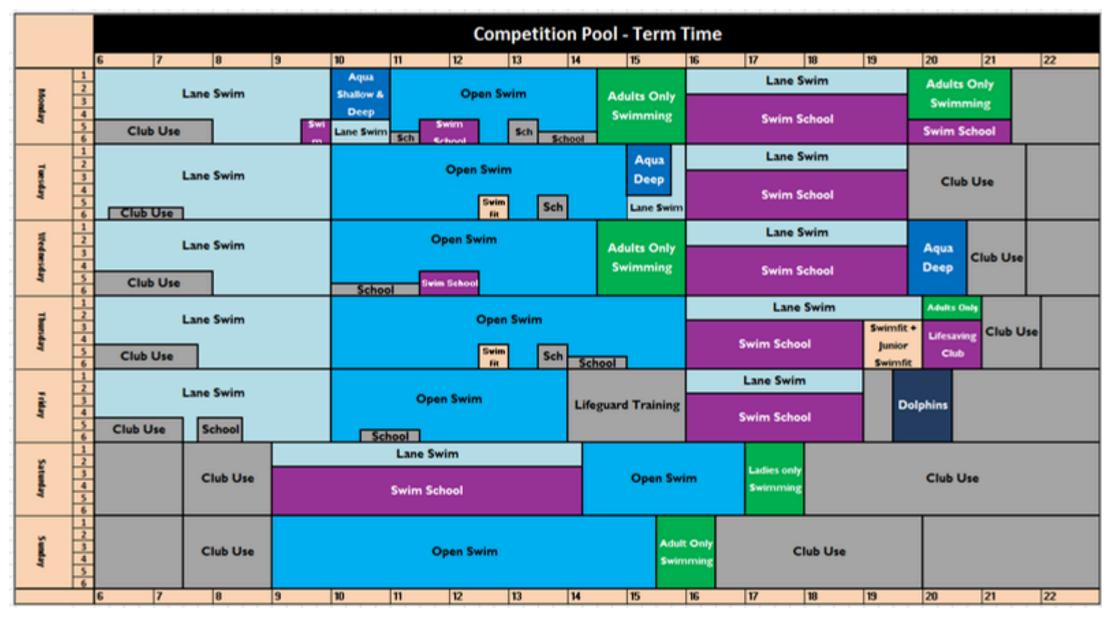












Leisure Lagoon Mon-Thursday 3pm-6pm Friday 4pm-6pm Weekends 10am-5pm Parent & Toddler Splash
(Lagoon)
Mondays, Wednesdays, Fridays
10am-11:30am,
Mondays & Fridays 11:30am-12:30pm
Saturdays & Sundays 9-10am

Teaching Pool
Mon-Friday 12:30-1:30pm
Saturday closed
Sunday 11am-2pm

Adults Only Swimming
(Competition Pool)
Mondays 2:30-4pm
7:45-9:30pm
Wednesdays 2:30pm-4pm
Thursdays 8-9pm
Sundays 3:30pm-4:30pm.

Ladies Only Swimming 16+ (Competition Pool) Saturdays 5pm-6pm

Female Only Swimming (Leisure Lagoon - all ages) Tuesdays 7-8pm