

## Country Club Swimming Pool Usage Guidance

| Day       | Opening Times  | Children Splash Times AM | Children Splash Times PM |
|-----------|----------------|--------------------------|--------------------------|
| Monday    | 06:00* – 22:00 | 07:00 – 11:00            | 14:00 – 19:00            |
| Tuesday   | 06:00* – 22:00 | 07:00 – 11:00            | 14:00 – 19:00            |
| Wednesday | 06:00* – 22:00 | 07:00 – 11:00            | 14:00 – 19:00            |
| Thursday  | 06:00* – 22:00 | 07:00 – 11:00            | 14:00 – 19:00            |
| Friday    | 06:00* – 22:00 | 07:00 – 11:00            | 14:00 – 19:00            |
| Saturday  | 06:00^ – 22:00 | 07:00 – 11:00            | 14:00 – 19:00            |
| Sunday    | 06:00^ – 22:00 | 07:00 – 11:00            | 14:00 – 19:00            |

**\*Pool closed for Aqua Aerobics class 11-12am - Mon, Wed, Thurs & 12-1pm Tuesday & Friday**

**^Swimming bookable in advance Sat 2-7pm & Sun 9-12am – Due to high demand & reduced capacity advance booking for these times is recommended, walk in services subject to availability .**

We aim to provide a balance between guests with children and those looking to have a leisurely swim in a child free environment, with this in mind we operate **adult only** entry sessions from **11.00 to 1400** & after **1900hrs every day** – Including Bank Holidays. To swim or gain entry during the adult only time you must be 16yrs & above.

We kindly request all users report to the leisure reception prior to use.

Persons under the age of 16 are invited to swim during the children's splash times whilst accompanied/supervised by a responsible adult at all times.

Children under the age of 16 are not allowed to use the spa pool, sauna, steam room or fitness facilities.

In accordance with the Chartered Institute of the Management of Sports and Physical Activity (CIMSPA) Guidelines and Marriott Risk Assessments, we enforce the following policy.

1 adult in the pool per child below the age of 5 years

1 adult in the pool for 2 children from ages of 5-7 years.

For none /weak swimmers of all ages, an adult must be in the pool supervising the child/children at all times.