

# T E M E L U D L O W COVID 19 SWIMMING TIMETABLE I N F O R M A T I O N

Each Swimming session is a total of 1 hour which includes time for changing. Entry permitted 5mins before the session to allow check in and quickly change.

**All Swimmers must come 'Beach Ready' (Swim kit underneath clothing) to allow minimum time for changing.**

A clear box will be available for valuables which you take onto pool side with you. We ask that valuables are kept to an absolute minimum.

A whistle will indicate closure of the pool after 45minutes. All swimmers must leave the pool at this time and proceed to the changing rooms. We request swimmers change as quickly as possible. We operate these strict times to allow for a clean down of all areas ready for the next swim session.

## S W I M S E S S I O N S D E S C R I P T I O N

**Lane Swimming:** Lane swimming will take place with 3 double sized lanes to ensure social distancing can be observed. Lanes will be varying abilities of Fast, Medium and Slow Speed. Available for adults or competent swimmers of 8 years or older who must be able to swim 200m continuously, however this will continually be monitored and reviewed. A lane session is £5 per person or included in Teme memberships.

**Family Swimming:** Family swim will have 4 available slots per session. The main pool will be sectioned off into 3 large lanes giving dedicated space per family/bubble and the diving pit will also be available for 1 family/bubble. Families will not be able to mix with other families and will be required to stay within their dedicated area. Each family will be allocated a changing aisle. Maximum of 6 swimmers. Teme Leisure admissions policy still applies.

**Aqua Aerobics:** Aqua Aerobics will be held in the Diving Pit with a reduced capacity to ensure social distancing. Each class will be 45minutes.

**Parent & Toddler:** We allow limited groups of 1 parent with 1 child to attend which allows plenty of room for social distancing. Each Parent & Child will be given their own set of toys that have been sanitised for use. If you have your own we encourage you to bring them along. No baby change tables will be available however we will provide a changing mat if required.

**All swimmers must hold a Teme Leisure Membership or have a Teme Community Card. For more information on this please visit our website or app**



[www.teme-leisure.co.uk](http://www.teme-leisure.co.uk)