



Swimming Timetable and Leisure Information



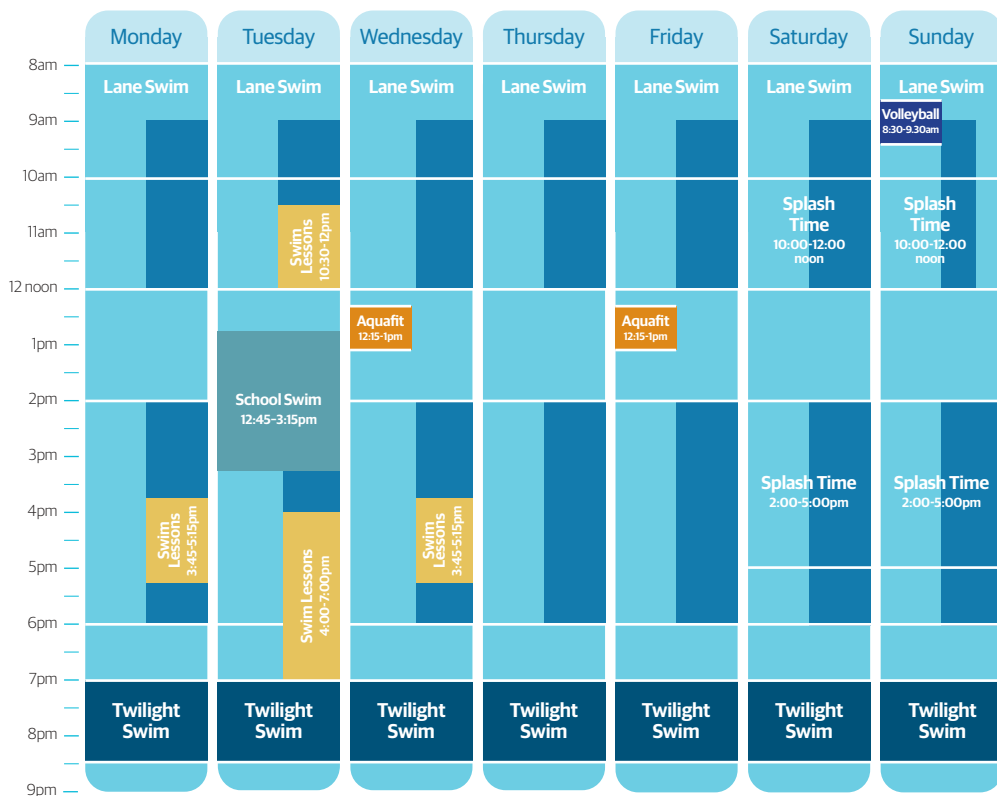
Seafield
Ocean
club

health, fitness & wellbeing for everyone

www.ocean-club.co.uk

Pool Timetable

Term time



- Adult Access
- Junior Access

LAST ENTRY TO LEISURE FACILITIES IS 30 MINUTES BEFORE THE SESSION ENDS.

LANE SWIM - General swim with 1 lane for lane swimming.

SWIMMING LESSONS - Group and 1:1 lessons - contact reception for details.

Pool and Spa open during session.

SCHOOL SWIM - Pool, Spa and changing rooms closed during session

TWILIGHT SWIM - Relax and swim as the lights go down, the perfect end to a long day. **Adults only.**

AQUAFIT - Water based exercise class with instructor.

Pool and Spa open during session.

SPLASH TIME - Family fun session with floats and balls

Pool Timetable

School holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
9am							Volleyball 8:30-9:30am
10am	Splash Time 10:00am-12 noon	Splash Time 10:00am-12 noon	Splash Time 10:00am-12 noon	Splash Time 10:00am-12 noon	Splash Time 10:00am-12 noon	Splash Time 10:00am-12 noon	Splash Time 10:00am-12 noon
11am	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
12 noon							
1pm			Aquafit 12:15-1pm		Aquafit 12:15-1pm		
2pm							
3pm							
4pm	Splash Time 2:00-6:30pm	Splash Time 2:00-6:30pm	Splash Time 2:00-6:30pm	Splash Time 2:00-6:30pm	Splash Time 2:00-6:30pm	Splash Time 2:00-6:30pm	Splash Time 2:00-6:30pm
5pm							
6pm							
7pm							
8pm	Twilight Swim	Twilight Swim	Twilight Swim	Twilight Swim	Twilight Swim	Twilight Swim	Twilight Swim
9pm							



Swimming Lessons

Group lessons for children, and one to one intensive lessons for children or adults are available during school holidays. Contact reception for details.

Pool and spa open during lessons, pool space may be limited by a lane rope.



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This timetable will apply during our local school holidays. For specific dates please contact us on **01665 721600**

Important Information

Admissions Policy

- In the interests of safety all children must be supervised by a parent or responsible adult aged 18 or over when using the pool
- Children under 8 years: The supervising adult must go in the water. Ratio 1 adult to 2 children
- Children aged 8 - 15 years: The supervising adult is not required to go in the water but must remain on poolside at all times, Ratio 1 adult to 4 children
- Children aged 0 - 15 years: The supervising adult must go in the water if there are children under 8 years. At least two children must be 8 or over. Ratio 1 adult to 4 children
- Any person under the influence of alcohol will be refused entry to leisure facilities
- Children under 16 are not permitted to use the spa area

Lifeguards

- Lifeguards are on duty to ensure the safety and enjoyment of swimmers, please listen to their advice and follow all instructions that are given throughout the duration of your visit. If you have a known medical condition that may affect you during your visit, please bring it to the attention of the Lifeguard before entering the water
- Our Lifeguards are required to train on a regular basis, therefore staff training may take place in the pool without prior notice. The pool will remain open for general swimming

Poolside

- The use of mobile technologies for the purposes of taking and recording images is completely restricted at all times in changing areas and on poolside
- Outdoor shoes must not be worn on poolside, plastic shoe covers are provided
- With the exception of disabled wheelchairs and disabled pushchairs, pushchairs are not permitted in changing areas and on poolside
- Food is not permitted on poolside and all drinks must be in plastic cups or bottles. Alcohol is not permitted on poolside

Pool Timetable

- We reserve the right to change the pool timetable without prior notice. This programme was correct at the time of going to print

Christmas and New Year Opening Times

- Club opening times will be restricted over Christmas & New Year, contact Ocean Club for details



Fitness Classes

We offer a range of fitness classes including Studio Cycling, Pilates, Circuits and Kettlebells. Studio classes are open to non members - charges apply.

Teen Members aged 12-15 can attend studio classes when accompanied by a participating adult.

Members and guests of Seafield Park can book 7 days in advance and non members 1 day

Ocean Club reception or call **01665 721600**.



Fitness Suite

Our air-conditioned gym is equipped with Precor cardio equipment and Technogym resistance equipment. We also have an FTS Glide Functional Training System and wall mounted riot rig. All new members will undergo a gym induction including fitness assessment with the option of a personal workout programme designed by our trained instructors.

Personal training is available at an additional cost, details on request.

Gym opening times:
Monday - Sunday 8am-9pm
(Open to members and guests staying on **Seafield Caravan Park**)

Towel Hire

Available at the
Ocean Club Reception

£4.00

Lockers

Free



Swimming Lessons

Children's Group Lessons

One to One Intensive Lessons
for adults and children

Baby and Toddler
Swimming Classes

Non members welcome

**Contact reception for course
dates and information**

Seafield Park, Seahouses, Northumberland NE68 7SP

T 01665 721600 **E** info@ocean-club.co.uk **www.ocean-club.co.uk**