## Fareham Leisure Centre
### Main Pool Term-Time Programme

#### Time Table

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<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>06:00</td>
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**Activities:**

- **Swim 4 Everyone:** For everyone, providing coaching to advanced levels.
- **Swim 4 Fitness:** Fitness sessions for adults and schools.
- **Swim Lessons:** For children from four months to learn to swim. Lessons run for four months to learn to swim.
- **Aqua Class:** A fun and invigorating all over body work-out in the water designed for pregnant women or new mums only, or without an adult where floats are provided. Aqua Natal is designed for pregnant women only.

**Pool hygiene:**

- Follow the lifeguards’ instructions, they want you to have a great visit today.
- Make sure children under eight years with a maximum of two children per adult.
- Swim punctually to keep the pool clean for all customers.
- Use the toilets provided to keep the pool water clean for all customers.
- Make sure all youngsters not yet toilet trained wear aqua nappies.
- Wearing the over-shoes provided as outdoor shoes transfer dirt to the pool-side areas.
- Make sure children under eight are accompanied by an adult over 18 years with a maximum of two children per adult.

**Pool acuities:**

- **Swimming pool programme:**
  - 01329 233652

**Everyone Active** manages this facility in partnership with Fareham Borough Council.

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**Timetable correct as at July 2016. Please check public notice boards and [www.everyoneactive.com](http://www.everyoneactive.com) for any timetable changes.**

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**Swimming pool programme**

Fareham Leisure Centre

Valid from July 2016

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**Pool hygiene:**

- Do not eat or drink in or around the pool area.
- Ask permission of reception before taking any video or photographic equipment in the building.
- Always wash and take care as surfaces in the pool area are always wet and can be slippery.
- Follow the lifeguards’ instructions, they want you to have a great visit today.
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