

TIMETABLE CHANGES

Although every effort has been made to ensure that the details below are correct, management reserve the right to amend times and sessions during the duration of this programme. Any changes will be publicised within the building at the earliest opportunity. We apologise for any inconvenience this may cause.

Monday

7.00 - 8.45	Early Dookers
9.00 - 10.30	Crash Lessons (Quiet swim deep end)
10.30 - 12.30	General Public
12.30 - 1.45	Rush Hour
1.45 - 3.30	General Public- Mats & Rafts
3.30 - 7.30	General Public
7.30 - 10.00	Ladies Only

Tuesday

7.00 - 8.45	Early Dookers
9.00 - 10.30	Crash Lessons (Quiet swim deep end)
10.30 - 11.30	General Public (30/03/2010)
11.30 - 12.30	Out of School Club (30/03/2010)
10.30 - 12.30	General Public (6/04/2010)
12.30 - 1.45	Rush Hour
1.45 - 3.30	Bring Your Own Inflatable
3.30 - 6.30	General Public
6.30 - 7.30	Staff Training
7.30 - 8.30	Hydro Actif
8.30 - 10.00	General public

Wednesday

7.00 - 8.45	Early Dookers
9.00 - 10.30	Crash Lessons (Quiet swim deep end)
10.30 - 12.30	General Public
12.30 - 1.45	Rush Hour
1.45 - 3.30	General Public (Mats n Rafts)
3.30 - 8.00	General Public
8.00 - 10.00	Adults Only

Thursday

7.00 - 8.45	Early Dookers
9.00 - 10.30	Crash Lessons (Quiet swim deep end)
10.30 - 12.30	General Public
12.30 - 1.45	Rush Hour
1.45 - 3.30	Bring Your Own Inflatable
3.30 - 6.30	General Public
6.30 - 8.00	Childrens Fun Sessions
8.00 - 10.00	Lengths only adult & children

Friday

7.00 - 8.45	Early Dookers
9.00 - 10.30	Crash Lessons (Quiet swim deep end)
10.30 - 12.30	General Public
12.30 - 1.45	Rush Hour
1.45 - 6.30	General Public
6.30 - 8.00	Lunar Inflatable (Advance booking required)
8.00 - 9.30	Lengths only

Saturday

9.00 - 1.00	General Public
1.00 - 2.00	Saturday splash time
2.00 - 3.00	General Public (Parent & toddler shallow end)
3.00 - 7.30	Available for Hires

Sunday

9.00 - 10.00	Lengths Only
10.00 - 5.00	General Public (parent & toddler area 2.00 - 5.00)
5.00 - 7.30	Available for Hire

RECEPTION OPENING - Reception opens at 7am (Mon - Fri) & 9am (weekends) and closes at last admission, which is 40 minutes prior to closing time or certain sessions.

Reception is closed during pool hires.

SPECIAL SESSIONS

THE TODDLER POOL IS NOT AVAILABLE DURING SPECIAL SESSIONS (OTHER THAN PARENT & TODDLER) OR WHEN THE SHALLOW END IS CLOSED.

EARLY DOOKERS - Our early morning lengths only sessions for those wishing to start the day with some healthy exercise before work.

RUSH HOUR - Lengths session, which continues throughout the year, is for adults only. Two lanes are available for more serious swimmers.

PARENT & TODDLER - Whilst parents are welcome to bring the very young in during all general public periods, these shallow end sessions are intended to avoid their distraction / disturbance by older children / swimmers. Toys are available to maximize the fun of early visits to the pool and staff is always willing to offer advice.

SATURDAY SPLASH TIME - A fun activity session for all the family, may include mats 'n' rafts, own inflatable's etc, dependent on numbers.

LANE SWIMMING - A lane may be available for "Tea time" / evening length swimming dependant on demand and activities taking place in the pool.

PLAY EQUIPMENT - A variety of play equipment for different ages is available on request during many of the public session's dependant on the numbers and activities within the pool at the time. Please ask the staff.

HYDRO-ACTIV - A popular water based fitness class run by our qualified instructor. Sessions can be booked six days in advance. Held on a Tuesday evening.

PRIVATE HIRES – Hires are ideal for birthday Parties, work outings and youth organizations etc. The pool can be hired on its own with a variety of equipment or organized games. Book early to avoid disappointment, as these are very popular.

PLAY EQUIPMENT - There are a variety of toys and other play equipment for different ages in addition to the "Mats n Rafts". Whilst these may be available on request during many of the public sessions this is dependant on numbers and activity within the pool at the time. Please ask the staff.

FEEDBACK - We welcome feedback with regard to the programmed sessions and ideas for new ones. A suggestion box is available in reception. Alternately speak to one of the Duty Officers or the Recreation Officer. If you enjoy your visit please tell your friends. If not please speak to the Duty Officer at the time of your visit.

LOCKERS - Lockers are provided for the safety and security of your belongings. These require a 10p coin, which is refundable. Please do not leave belongings in cubicles or on benches.

PLEASE NOTE

During busy sessions a band system may be introduced giving a maximum of 1hr or a minimum of 40 min from the time you pay.

Portlethen Academy Fitness Room

The 18 station Fitness room is extensively equipped with a wide range of CV and fixed weight equipment. It is available for public use Mon – Fri 4.30 - 9.30 and Sat 9.30 - 4.30. To book inductions or other enquires please contact the pool reception on (01224 782918).

Admission Charges*

Adult swim	2.90
Junior /OAP/Concession swim*	1.45
Under 5's	Free
Family Swim	5.90

(This can include the max of 2 adults and 3 children)

12 Session Ticket

Adult	29.00
Junior/OAP/Concession	14.50

Annual Ticket

Adult	188.00
Junior/OAP/Concession	94.00

6-Month Ticket

Adult	96.50
Junior/OAP/Concession	48.25

Pool Hire Price on application
**Prices subject to change as of 1st of April.*

SAFETY NOTES

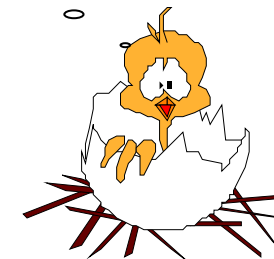
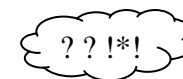
Children under the age of eight must be directly accompanied and supervised by an adult when in the building and pool. It is recommended that an adult should not supervise more than 2 children between the age of 4 & 7, and only 1 child under 4. Whilst children under 8 years may accompany parents in the opposite changing rooms, those 8 years & over must use changing room for the correct gender. It is dangerous to Dive into water less than 1.5m in depth and this is not allowed in the pool. Where diving is allowed (deep end) care should be taken to avoid other swimmers and obstructions. Only shallow surface dives should be performed.

**Concessions apply to Children under 16, Senior Citizens over 60, Registered Disabled. Other concessions may apply please ask at reception.*

A range of swimming accessories is available for purchase from reception.

EASTER PROGRAMME

Mon 29th March to SUN 11th APRIL
2010 (INC)



Portlethen Pool, Oak Drive, Portlethen.

Tel 01224 782918

Email: portlethen.pool@aberdeenshire.gov.uk

Aberdeenshire
COUNCIL

