

Pool Rules

- Children under 10 must be actively supervised by a caregiver 17 years or over. Please ensure that you are able to provide immediate assistance if required.
- Children under 5 must have a caregiver in the pool with them at all times (2 children per caregiver).
- No eating or glass bottles on poolside.
- Please walk on poolside – no running!
- Diving into the main pool is permitted only. No bombing or flipping.
- Swimming lanes have been assigned specific speeds to ensure you get the most out of your swim. Please don't bring any sports balls in the pool whilst lane ropes are in place.
- Please ensure that you wear appropriate swimwear. No cotton clothing, underwear or workout gear. If you are unsure please speak to a Lifeguard.
- We recommend that you shower before swimming.
- No changing on poolside, please use changing rooms.

If you require assistance please speak with one of our friendly lifeguards.