

## Prices

Single admission prices. Cheques are not accepted. Credit & debit card payments incur charges, no transactions under £5.

### General Admission Prices

|                                       |        |
|---------------------------------------|--------|
| Child Swim (up to 3yr old)            | FREE   |
| Child Swim (3–16yr old)               | £3.70  |
| Adult Swim (16–60yr old)              | £4.20  |
| Family Swim (2x Adults + 2x Children) | £14.80 |
| Concessions Swim (60+ with ID)        | £3.85  |
| Student Swim (with NUS card)          | £3.85  |
| Caregivers                            | £3.50  |
| Adult Swimming Monthly Membership     | £27.80 |
| Student Swimming Monthly Membership   | £20.00 |
| Junior Swimming Monthly Membership    | £19.00 |

### Swimming Lessons

We offer the following 30min lessons per week; these are available to book in 4, 8, or 16 week blocks. Contact us for more details and availability.

Parent and Child (4mths–3yrs), Pre-school (3–4yrs)  
Stages 1–7, Rookie Lifeguard, Lifesaving, Survive and Save  
Adult lessons and Private 1:1 or 2:1 lessons

### Fitness & Wellbeing

Shallow and deep water aquafit classes designed to provide a thorough low impact workout.

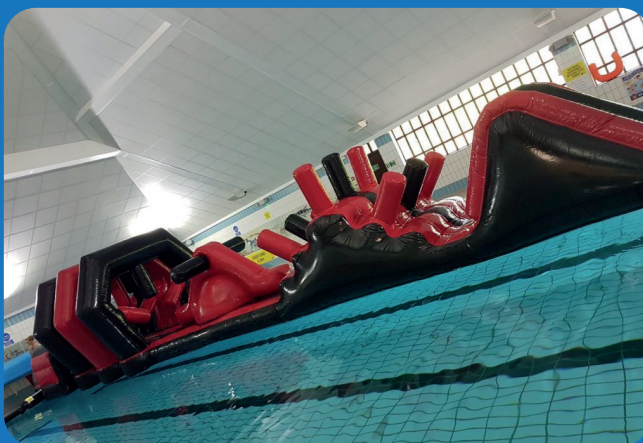
|                                    |        |
|------------------------------------|--------|
| Aquafit (16+)                      | £5.65  |
| Aquafit and Swim                   | £7.60  |
| Adult Fitness Monthly Membership   | £36.00 |
| Senior Fitness Monthly Membership  | £32.00 |
| Student Fitness Monthly Membership | £32.00 |

### RLSS UK Courses

We operate a number of courses to meet the RLSS standards such as: National Pool Lifeguard Qualification (NPLQ), Survive and Save, Rookie Lifeguard and First Aid at work (FAAW). Please call to arrange training and booking.

### Private Hire Swimming

We have a number of themed private hire sessions available for booking, please call to arrange a session.



## Inflatable Pool Parties

1 hour 30 minutes for £120.00 + £30.00 deposit

Our inflatable parties run weekend afternoons (14.00pm onwards), consisting of 45 minutes in the pool and a further 45 minutes in our viewing area.

## Aquafit

45 minutes £5.65 per session  
or £36.00 per month (£32.00 senior).

All of our aquafit sessions are led by qualified and experienced instructors, providing a safe environment when exercising in the water.



# Oaklands Community Pool

*The local charity  
working for you!*

# Timetables

January 2020

Oaklands Community Pool, Cromarty Road, Lordshill,  
Southampton, Hampshire, SO16 8LX  
Registered Company: 08494371 | Registered Charity: 1159791

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|            |         | 7 | 8                          | 9                               | 10                              | 11                         | 12                           | 13                              | 14                              | 15  | 16          | 17                              | 18                              | 19                 | 20                              | 21          |  |
|------------|---------|---|----------------------------|---------------------------------|---------------------------------|----------------------------|------------------------------|---------------------------------|---------------------------------|---|-------------|---------------------------------|---------------------------------|--------------------|---------------------------------|-------------|--|
| <b>MON</b> | Main    |   | Public Swim                |                                 |                                 | Aquafit (16+)              | 50+ Swim                     | Public Swim (closes 12:40pm)    | Private Hire (closed to public) |   |             | Public Swim                     | Learn 2 Swim (closed to public) |                    | Aquafit (16+)                   | Adult Lanes |  |
|            | Learner |   | Fun Time!                  |                                 | Private Hire (closed to public) |                            | Fun Time! (closes 12:40pm)   |                                 | Private Hire (closed to public) |   |             | Fun Time!                       | Closed for Lessons              |                    |                                 |             |  |
| <b>TUE</b> | Main    |   | Public Swim                |                                 |                                 | Aquafit (16+)              | Disability Swim              | Public Swim (closes 12:40pm)    | Private Hire (closed to public) |   |             | Public Swim                     | Learn 2 Swim (closed to public) | Adult Lanes        | Aquafit (16+)                   |             |  |
|            | Learner |   | Fun Time! (closes 12:40pm) |                                 |                                 |                            |                              |                                 | Private Hire (closed to public) |   |             | Fun Time!                       | Closed for Lessons              |                    |                                 |             |  |
| <b>WED</b> | Main    |   | Public Swim                |                                 |                                 | Aquafit (16+)              | Public Swim (closes 12:40pm) | Private Hire (closed to public) |                                 |   | Public Swim | Learn 2 Swim (closed to public) | Private Hire (closed to public) |                    | Adult Lanes                     |             |  |
|            | Learner |   | Fun Time!                  |                                 | Private Hire (closed to public) |                            |                              | Fun Time! (closes 12:40pm)      |                                 | Private Hire (closed to public)             |             |                                 | Fun Time!                       | Closed for Lessons |                                 |             |  |
| <b>THU</b> | Main    |   | Public Swim                | Private Hire (closed to public) |                                 | Aquafit (16+)              | Public Swim (closes 12:40pm) | Private Hire (closed to public) |                                 |   | Public Swim | Learn 2 Swim (closed to public) | Adult Lanes                     | Aquafit (16+)      | Private Hire (closed to public) |             |  |
|            | Learner |   | Fun Time!                  | Private Hire (closed to public) |                                 | Fun Time! (closes 12:40pm) |                              | Private Hire (closed to public) |                                 |   | Fun Time!   | Closed for Lessons              |                                 |                    |                                 |             |  |
| <b>FRI</b> | Main    |   | Public Swim                | Private Hire (closed to public) |                                 | Aquafit (16+)              | Public Swim (closes 12:40pm) | Private Hire (closed to public) |                                 |   | Public Swim | Private Hire (closed to public) |                                 |                    |                                 |             |  |
|            | Learner |   | Fun Time!                  | Private Hire (closed to public) |                                 | Fun Time! (closes 12:40pm) |                              | Private Hire (closed to public) |                                 |   | Fun Time!   | Closed for Lessons              |                                 |                    |                                 |             |  |
| <b>SAT</b> | Main    |   |                            | Public Swim                     |                                 |                            |                              | Inflatable Session              |                                 | Party Hire (contact reception for bookings) |             |                                 |                                 |                    |                                 |             |  |
|            | Learner |   |                            | Closed for Lessons              |                                 |                            | Fun Time!                    |                                 |                                 |   | Closed      |                                 |                                 |                    |                                 |             |  |
| <b>SUN</b> | Main    |   |                            | Public Swim                     |                                 |                            |                              | Inflatable Session              |                                 | Party Hire (contact reception for bookings) |             |                                 |                                 |                    |                                 |             |  |
|            | Learner |   |                            | Fun Time!                       |                                 |                            |                              |                                 |                                 | Closed                                      |             |                                 |                                 |                    |                                 |             |  |

**This timetable can be changed without prior notice given.**

Lessons are closed to the public and need prior booking. Lessons take place in both the Learner and Main pools, call or speak to the reception to book your child in.

The whole pool may not always be available, teaching and coaching sessions may be taking place during your session.

Child Admission Policy: In the main pool children 3 and under must be supervised on a 1:1 basis with an adult, 4–7 year olds on a 1:2 and over 8's do not need to be accompanied. An adult is 16 +.