



**20M SWIMMING POOL**



**LANE SWIMMING**



**WHIRLPOOL SPA**



**SAUNA & STEAM ROOM**



**AQUA CLASSES**



**SWIMMING LESSONS**

# SWIMMING

The Vale Resort has a luxurious 20 metre swimming pool that is temperature controlled to ensure you have an enjoyable swim. Other wet facilities include a mood-lit steam room, traditional wooden sauna and a relaxing whirlpool spa.

## ADULT ONLY SWIM TIMES

**Monday to Friday**  
**06.30 - 10.00**  
*(09.00 during school holidays)*  
**12.00 - 14.00**  
*(except Mondays & during school holidays)*  
**20.00 - 22.00**

**Saturday and Sunday**  
**08.00 - 09.00**  
**20.00 - 21.30**

## JUNIOR SWIM TIMES (UNDER 18's)

**Monday**  
**10.00 - 20.00**

**Tuesday to Friday**  
**10.00 - 12.00**  
**14.00 - 20.00**

**Saturday, Sunday, School and Bank Holidays**  
**09.00 - 20.00**

Swimmers can enjoy a dedicated swimming lane.

Children under 14 years must be accompanied by an adult at all times.

Please shower prior to entering any of the poolside facilities and ensure children under two years are wearing waterproof nappies when in the pool.

There is an emergency phone and button situated on poolside.

## CHILD SUPERVISION GUIDELINES

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**1 Child = 1 Adult**  
 (4 months - 4 year)

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**2 Children = 1 Adult**  
 (5 to 7 years)

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**4 Children = 1 Adult**  
 (8 to 13 years)

## SAUNA AND STEAM ROOM

Situated at the rear of the swimming pool for use by adults and children over 14 years only. Shaving and the use of oils is prohibited in these areas.

## WHIRLPOOL SPA

Also situated at the back of the swimming pool and is for use by adults and children over 14 years only. The whirlpool operates on a push button system situated either side of the entrance steps.

## AQUA CLASSES / SWIMMING LESSONS

Aqua classes and swimming lessons\* are held regularly - please check the activities timetable for details and ensure you book at the club reception to avoid disappointment.

\*Extra charge.