

Please note that the pool programme will change during the school holidays, please contact Reception for details on 0208 421 0211.

Child Admissions Policy

A responsible adult over the age of 18 years, parent or legal guardian must supervise up to two children under the age of 8 years.

Help us keep the pool clean

For your own comfort and safety and that of those around you, please observe the following rules:

You shouldn't go swimming if:

- You have a cold or throat infection
- You have an ear infection
- You have suffered from diarrhoea or sickness in the last 14 days
- You have an infectious skin condition or open wound

Before you get in the pool please:

- Remember to go to the toilet
- Use the shower to wash your body and your hair to reduce the chemicals we use and help to protect our environment.

If you live in Three Rivers you are entitled to a Bronze Motivate4 card. Please ask for details.

Times correct at time of going to press, and may change due to circumstances beyond our control without prior notice.

www.hertsmereleisure.co.uk

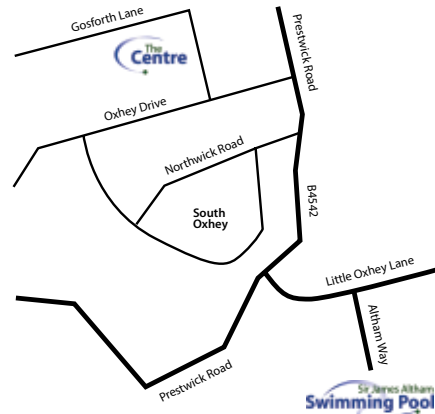
Follow us on Facebook and Twitter



If you swim more than 2 times a per week a Swim Style Membership could save you money. Swim Style Members can enjoy:

- Unlimited swimming at Sir James Altham Pool
- Discounted Aqua fitness classes
- 7 day advanced booking privileges
- 14 day money back guarantee

Please contact reception to find out more.



Sir James Altham Swimming Pool
Altham Way, off Little Oxhey Lane,
South Oxhey, Herts. WD19 6FW
Tel: 0208 421 0211



Please ask at reception if you require this information in another format

Hertsmere Leisure manages these facilities on behalf of Three Rivers District Council. Hertsmere Leisure is a registered charity. Charity no. 1093653



Pool Programme

Swimming for everyone



Sir James Altham Pool Daily Activities Programme

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Mon		Adult Only Lane Swimming		Lane Swim including Children	Aqua-exercise	Ladies Only Swim Ages 12+*	Adults, Accompanied Children Under 8	Motivate4 Swim School	Schools	Public Swimming Motivate4 Swim School	Motivate4 Swim School		Adult Swim Course	Public Swimming Booked for private hire	Adult Only Lane Swimming		
Tue		Adult Only Lane Swimming		Lane Swim including Children	Aqua-exercise	Ladies Only Swim 12+*	Motivate4 Swim School	Adults, Accompanied Children Under 8	Schools	Motivate4 Swim School					Adult Only Lane Swim Public Swimming	Adult Only Lane Swimming	
Wed		Adult Only Lane Swimming		Lane Swim including Children	Schools	Aqua-exercise	Public Swimming	Motivate4 Swim School	Adults, Accompanied Children Under 8	Schools	Public Swimming Motivate4 Swim School	Motivate4 Swim School	Public Swimming	Lanes Only	Ladies Only Swim 12+ Ladies Only Lessons	Adult Only Lane Swimming	
Thu		Adult Only Lane Swimming		Lane Swim including Children	Motivate4 Swim School	Get Set Swim	Adults, Accompanied Children Under 8	Schools	Motivate4 Swim School							Adult Only Lane Swimming	
Fri		Adult Only Lane Swimming		Lane Swim including Children	Aqua-exercise	Schools	Adults, Accompanied Children Under 8	Schools	Public Swimming Motivate4 Swim School	Motivate4 Swim School			Supersplash Session	Supersplash Session	Adult Only Lane Swimming		
Sat																	
	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00						
Sat		Motivate4 Swim School			Public Swimming	Pool Parties			Booked for private hire								
Sun																	
	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00						
Sun	Adult Only Lane Swimming	Lane Swim including Children	Family Swimming	Supersplash Session	Pool Parties												

Visit our Fitness Studio at The Centre
Monday to Friday 7am - 10pm Saturday and Sunday 8am - 7pm
 PLEASE NOTE: This programme is correct at the time of printing but may be subject to change
 Please check details with reception and on our website.
www.hertsmereleisure.co.uk

Get Set Swim: Designed to increase accessibility for those with a disability. Splash users need a Silver motivate4 card.

* Ladies Only Swim classes on Monday and Tuesday starts at 10.45

Motivate4 Swim School offers lessons for babies from 6 months – adults

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All Three Rivers residents aged 60 or more swim free on Tuesdays 9am – 10am and Thursdays 12pm – 1pm.

For school holiday periods, we will run a separate timetable. Please ask at Reception.