

**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 may supervise up to two children under the age of 8 years.

Moreover, all adults supervising children under eight years of age must accompany the children in the water. Whilst in the water the adult must maintain a constant watch over the children for whom they are responsible and be in close contact at all times with those children who are weak or non swimmers.

**Photographic Policy**

In accordance with our photographic policy no photography or filming will be allowed without permission. Please contact reception for further information

**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.

Thank you

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

[www.hertsmereleisure.co.uk](http://www.hertsmereleisure.co.uk)

**Remember Beaumonts '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.

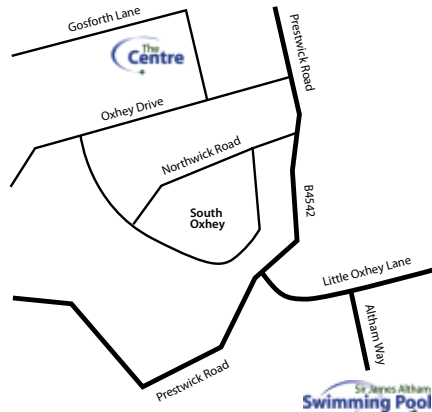
To enjoy all of the above plus the benefits of Beaumonts Health Club including the gym, Power Plate® and fitness classes please speak to the Customer Adviser at The Centre on **020 8428 4954**.



**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 juniors & adults



# Sir James Altham Pool Daily Activities Programme



- Adult Only Lane Swimming
- Public Swimming
- Ladies Only Swim
- Supersplash Session
- Aqua-exercise
- Aquabats club
- Pool Parties
- Family Swimming
- Disabled Persons Swim
- Adults, Accompanied Children Under 8
- Swim Academy
- Schools
- Pool booked for private hire
- Closed

Swim Academy offers lessons for:

- Babies from 6 months – 4 years
- Juniors – from 5 years
- Ladies only
- Adults

\*\*Disco – Tickets must be bought in advance. Over 8's only  
 \* All Three Rivers residents aged 60 or more will be able to swim for half of the usual concession rate – that's just 95p – during this session.

**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.