

# SPLOTT Swimming Pool & Fitness Suite



029 2046 2548

Pwll Nofio a Ystafell Ffitrwydd **SBLLOT**

## Pool Activities

### Monday

6:30am - 9:00am	Early Morning Swim	Adult	£ 2.90
9:00am - 6:15pm	General Swimming Times	All Ages	£ 1.48/£2.90
12:00pm - 1:00pm	Stamina Swim	Adult	£ 2.90
12:00pm - 12:30pm	60+ Free Swimming Lessons	Adult	FREE
4:30pm - 6:00pm	Rookies Junior Lifesaving	Junior	£ 2.50

### Tuesday

6:30am - 9:30am	Early Morning Swim	Adult	£ 2.90
9:00am - 7:00pm	General Swimming Times	All Ages	£ 1.48/£2.90
12:30pm - 1:15pm	Aqua Aerobics	Adult	£ 3.75
7:00pm - 7:45pm	Canoeing (Beginners)	10 Week Course	£23.50/£50.50
7:45pm - 8:30pm	Canoeing (Improvers)	10 Week Course	£23.50/£50.50
8:30pm - 9:30pm	Stamina Swim	Adult	£ 2.90

### Wednesday

6:30am - 9:00am	Early Morning Swim	Adult	£ 2.90
9:00am - 1:30pm	General Swimming Times	All Ages	£ 1.48/£2.90

### Thursday

6:30am - 9:00am	Early Morning Swim	Adult	£ 2.90
9:00am - 7:00pm	General Swimming Times	All Ages	£ 1.48/£2.90
12:00pm - 1:00pm	Stamina Swim	Adult	£ 2.90
2:30pm - 3:30pm	Fun 4 Families	All Ages	£ 1.48/£2.90
7:00pm - 7:45pm	Aqua Aerobics	Adult	£ 3.75

### Friday

6:30am - 9:00am	Early Morning Swim	Adult	£ 2.90
9:00am - 4:30pm	General Swimming Times	All Ages	£ 1.48/£2.90
12:00pm - 1:00pm	Stamina Swim	Adult	£ 2.90

### Saturday

8:00am - 9:00am	Early Morning Swim	Adult	£ 2.90
9:00am - 1:00pm	General Swimming Times	All Ages	£ 1.48/£2.90
2:00pm - 4:00pm	Physical Disability Swimming	All Ages	£ 1.48/£2.90

### Sunday

8:00am - 9:00am	Early Morning Swim	Adult	£ 2.90
9:00am - 1:00pm	General Swimming Times	All Ages	£ 1.48/£2.90
1:00pm - 1:45pm	Women Only Swim	16 yrs +	£ 2.90
1:45pm - 2:30pm	Women Only Swim	All Ages	£ 1.48/£2.90
2:30pm - 4:00pm	Men Only Swim	Junior, Adult	£ 1.48/£2.90

## Swim for Free

Thanks to the Welsh Assembly Government, all children can swim for FREE between 10am and 4pm everyday during the school holidays.

## Swimming Pool Information

Please telephone for swimming times between 9.00am - 12.00pm, 1.30pm - 3.30pm weekdays during school term time as we occasionally have to close for school swimming lessons and these times change on a weekly basis.

## Free swimming for 60+

If your 60+ then thanks to the Welsh Assembly Government Free Swimming Initiative, you can take part in all aqua related activities for FREE! This includes swimming, 60+ swimming lessons and Aquafit.

## Women Only Swim Sessions

During these sessions blinds seclude the poolside area and only female staff are on duty within the pool area.

## Male Only Swim Sessions

During these sessions blinds seclude the poolside area and only male staff are on duty within the pool area.

## Fitness Suite Opening Hours

Monday 6.30am - 9.30pm  
 Tuesday 6.30am - 9.30pm  
 Wednesday 6.30am - 9.30pm  
 Thursday 6.30am - 9.30pm  
 Friday 6.30am - 8.00pm  
 Saturday 8.00am - 5.30pm  
 Sunday 8.00am - 5.00pm

## Birthday Parties

Are you aged 8 years or over and looking to have fun on your Birthday?

Why not book a birthday at Splott Swimming Pool!

Parties are available on a Saturday 1.15-2.45pm & 4.15-5.45pm, this includes a 45 minutes fun session in the pool followed by 45 minutes in the room (food not provided).

Price £61.75

For more information on how to book your party please ring 029 2046 2548.

## Swimming Lessons

### Monday

1:30pm - 2:00pm	Adult and Child Swimming Lessons	Under 5	£3.10
4:00pm - 6:45pm	Junior 10 Week Swimming Courses	4 yrs +	£ 37.50

### Tuesday

4:00pm - 6:45pm	Junior 10 Week Swimming Courses	4 yrs +	£ 37.50
8:30pm - 9:15pm	Adult Swimming Lessons - Beginners	16 yrs +	£25.25

### Wednesday

4:45pm - 6:40pm	Swimming Club - Active Aquatics Splott	Junior	£ 2.50
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### Thursday

4:00pm - 6:45pm	Junior 10 Week Swimming Courses	4 yrs +	£ 37.50
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### Saturday

9:00am - 1:00pm	Swimming Club - Active Aquatics Splott	Junior	£ 2.50
2:00pm - 2:30pm	Special Needs Swimming Lessons	Junior	£18.75
2:00pm - 3:00pm	Active Aquatics Special Needs Club	Junior	£ 2.50
2:30pm - 3:00pm	Special Needs Swimming Lessons	Junior	£18.75

### Sunday

9:00am - 1:00pm	Junior 10 Week Swimming Courses	4 yrs +	£ 37.50
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## Private Swimming Lessons

One to one swimming lessons, 30 minutes each in duration, can be booked and paid for in advance at reception for the following days:

Tuesday: 4.00pm-7.00pm

Thursday: 4.00pm-7.00pm

Saturday: 12.00am-1.00pm

Adults £13.65 Children £12.30

## Fitness Five-0 (Activities for over 50's)

### Tuesday

12:00pm - 2:00pm	50+ Sessions	Over 50	£ 1.75
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### Friday

12:00pm - 4:00pm	50+ Sessions	Over 50	£ 1.75
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## Canoe Polo

Monday 6.15pm - 7.00pm

Must complete a 10 week canoe course prior to taking part in this session and be capable of carrying out a successful capsizing drill.

Age: 8 years+

Price: £2.50

## Water Polo

Wednesday 4.25pm - 5.10pm (beginners)

Friday 7.30pm - 8.15pm (advanced)

Must be National Teaching Plan Stage 6+ or able to swim 25m on all 4 strokes

Age: 8 years+

Price: £2.50

## Child Safety Admissions Policy for Swimming

### What is the Admissions Policy?

Cardiff Council strives to provide the safest possible swimming conditions within its facilities and has updated the guidelines set by the swimming industry's professionally recognised organisation "The Institute of Sport & Recreation Management" (The ISRM). The ISRM together with the national safety organisations (as shown below) have updated the guidelines for supervising children within swimming pools and changing room areas.

**1) All children under the age of 4 years must be accompanied by a responsible adult (16 years+) on a one to one basis.**

**2) Any children aged between 4 & 7 years must be accompanied by an adult with a maximum of two\* children to one adult. For example you will not be able to gain admission with one child under 4 and one at 6 years.**

**\*A 3rd child aged between 4 & 7 years can be admitted with a responsible adult, if that child has obtained the Kellogg's Frosties ASA/ISRM Pool Swimming Standard Award. Please see noticeboard for details of Standard and Assessment times.**

### Why have an Admissions Policy?

An admissions policy is required because Lifeguards can never replace the care and attention provided by a parent/guardian. The purpose of the child admissions policy is to help safeguard children who use our swimming pools, but we have updated the policy to further increase the opportunities for participation.

### When did it come into effect?

As from Monday, October 31st 2005.

### These changes will operate at

Eastern, Fairwater, Llanishen, Pentwyn and Western Leisure Centres, Mandy & Splott Swimming Pools.