Come and join us at Sanquhar FUN Pool

rainbow
SWIM SCHEME

Pay £19.95

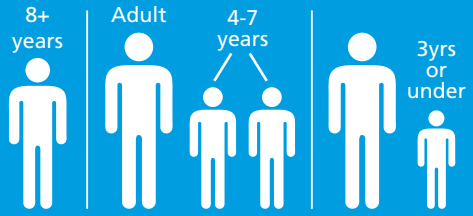
a month for your lessons and get

- Guaranteed place in our lessons at Sanquhar FUN Pool
- Free unlimited swimming
- Entry into a Regional Monthly Prize Draw
- Free Rainbow Swim Scheme Swim bag and water bottle.

Speak to a member of staff at reception for further details.

Please note

SWIMMING RATIOS



- Children aged 8 years and over may attend public swimming unaccompanied
- Children under 8 years must be accompanied in all public swimming sessions as follows: One responsible person aged 16 or over may supervise
  - Two children aged between 4 and 7 years **OR**
  - One child under 4 years

FUN Pool Tel 01659 58018

Blackaddie Road, Sanquhar, DG4 6DB

get active motivated!

FUN Pool, Sanquhar

Dumfries & Galloway COUNCIL

Swimming Pool

MONDAY

12.30pm - 1.30pm	Lunch Time Swim (Adults Only)*
1.30pm - 3.45pm	School Swimming
4pm - 5pm	Rainbow Swim Scheme
5pm - 6pm	Junior Pirhanas (shared access)
5pm - 7.30pm	Public Swimming
7.30pm - 9pm	Adults Only

TUESDAY

12.30pm - 1.30pm	Lunch Time swim (Adults Only)*
1.30pm - 2.30pm	School Swimming
2.30pm - 4pm	Public Swimming
4pm - 5pm	Rainbow Swim Scheme
5pm - 6pm	Piranhas Swim Team
6pm - 6.45pm	Aqua - Gym/ Public swimming
6.45pm - 7.30pm	Aqua Zumba

WEDNESDAY

11.45am - 12.30pm	Aqua - trim
12.30pm - 1.30pm	Lunchtime Swim (Adults Only)* *Adult & child in small pool
1.30pm - 2.30pm	School Swimming
2.30pm - 4pm	Public Swimming
4pm - 4.30pm	Rainbow Swim Scheme
4.30pm - 5pm	Lane Swimming
5pm - 7pm	Public Swimming Float Session
7.15pm - 8pm	Aqua - trim
8pm - 9pm	Ladies Only Swimming

*Please see swimming ratios on reverse

Aqua Zumba

Aqua Zumba integrates the highly popular Zumba party formula with traditional aqua fitness disciplines, the Aqua Zumba class blends all this together into a safe, challenging, water based workout.

Swim Tech

This session allows parents/guardians to bring juniors along to the session to develop their swimming skills. Swim teachers will be on hand to provide tips and encouragement for all participants.

Piranhas

Piranhas is ideal for juniors looking to develop their swimming technique and includes games such as water polo and a section of the Rookie Lifeguard scheme. The session is run in the theme of a recreational club with pathways to further swimming club sessions and competitive swimming.

Aquacise

Exercising in the water is a safe way to enjoy strenuous exercise without then impact of the hard surfaces in gyms.

Swim 'n' Sing

A fun way to introduce babies to the water where instruction is giving to parents on how best to handle their babies in the water with the added benefit of a sing along with the children.

Lane Swimming

A chance for some distance to be put in without interference.

Fun Session

Fun session for 8 to 16 year olds allow juniors to enjoy the experience of the swimming pool inflatable, floating mats, balls and water toys galore.

Gym Hours

MONDAY
12.30pm - 9pm

TUESDAY
12.30pm - 9pm

WEDNESDAY
11am - 9pm

THURSDAY
12.30am - 9pm

FRIDAY
7.30am - 9pm

SATURDAY
10am - 3.30pm

SUNDAY
1pm - 4pm

Swimming Pool

THURSDAY

12.30pm - 1.30pm	Lunch Time Swim (Adults Only)* *Adult & child in small pool
1.30pm - 2.30pm	School Swimming
2.30pm - 5.30pm	Public Swimming with floats
5.30pm - 7.30pm	Public Swimming Free Under 18s swimming
7.30pm - 9pm	Adult Lessons
7.30pm - 9pm	Adults Only

FRIDAY

7.30am - 9am	Early Dippers
9.15am - 10am	Public Swimming
11am - 12 noon	Adult Warm Water Session
11.30am - 12.30pm	Swim and Sing
12.30pm - 1.30pm	Lunch Time Swim (Adults Only)* *Adult & child in small pool
1.30pm - 2.30pm	Over Fifties Swimming
2.30pm - 3.45pm	Public Swimming
4pm - 6pm	Rainbow Swim Scheme
6pm - 7.30pm	Public Swimming
7.30pm - 9pm	Adults Only (lane swimming avaiable)

SATURDAY

10am - 12 noon	Rainbow Swim Scheme
12 noon - 2pm	Public Swimming
2pm - 3pm	Fun Session
3pm - 4pm	Available for Private Hire/Parties

SUNDAY

1pm - 4pm	Public Swimming