

## **Adult Swim Fit Information**

### **Contact number**

Elizabeth Mills: 07795026207

### **Location**

Address: Yarrells School, Yarrells House, Upton, BH16 5EU.

### **Parking**

There is plenty of free parking in the school car park.

### **Getting there from the car park**

Go through the wooden gate on the left of the car park. Walk down the stoney path and turn left. (Turning right will take you to the toilets).

### **When you arrive... WELCOME!**

Continue down the stoney path to the swimming pool, which you will see on the right. The changing rooms are on the left. Please **remove outdoor shoes** before entering the changing rooms. Swimmers entering the pool dome will need to walk through a shallow foot bath to remove any dirt. Only swimmers permitted on poolside. You are welcome to arrive on poolside 5 minutes before the start of the session.

Please keep mobile phones away in the changing rooms. Please do not use your cameras in the changing rooms, at the poolside or around the pool area. (Swim England Policy).

Thank you.

### **What to bring...**

Don't forget your **goggles!** **Swimming hats** are to be worn in the pool please. Please bring a water bottle to the session, and **swimming kit bag**: with float, pull buoy, fins, hand paddles and front snorkel in. (There is limited swimming training kit available at Yarrells – a few floats, for example).

Please take your **towel/dryrobe** to the poolside and leave on the benches. A towel/dryrobe is required, in case of emergencies/evacuation. (There is also a short walk outside across the path, from the changing rooms to the pool). You may also wish to bring flip flops/crocs to wear across from the pool to the changing rooms.

Please remove jewellery before entering the pool.

Please bring any **medication** (e.g. inhalers) onto the poolside.

## **Changing Facilities/Accessibility**

There are toilet facilities, which are a short walk down a path from the swimming pool/changing rooms. There are male and female changing rooms. Please feel free to come 'beach ready', to save time in the changing rooms. There is a very low step up into the changing room area from the path. There are four steps leading up to the pool area, from the path. Please note, there are currently no accessible separate changing rooms or toilet facilities.

## **The Pool**

The pool is beautifully maintained and newly built dome (only 2 years ago). It is situated within a clear dome, where you can see the sky and trees whilst you swim! The pool is heated to lovely warm 30 – 31 degrees Celsius. The dome can be opened up in sections to allow the sky to meet the pool!

## **Cancellation**

We regret that no refunds can be given for missed sessions. If I have to cancel the session myself, you will be given an alternative/roll over lesson, or full refund (if I am unable to provide an alternative lesson).

**Please only come swimming if you are feeling well.**

If there are any changes in your contact information, including medical information, please let me know before you start your session.

*We hope you enjoy your swim!*