

## **Adult/Junior Swim Fit Information**

### **Contact number**

Elizabeth Mills: 07795026207

### **Location**

Address: Ferndown Leisure Centre. Cherry Grove, Ferndown. BH22 9EZ.

### **Parking**

There is plenty of free parking in the leisure centre car park.

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

Follow the path at the end of the car park to the main reception.

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

Walk through the reception area and the changing rooms are down a flight of stairs. There are male, female and family changing rooms. Walk up a flight of stairs to the poolside. You are welcome to arrive on poolside 5 minutes before the start of the session.

The viewing area is up a flight of stairs from the main reception area. Go through the double doors and continue straight ahead.

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

Please could you remind spectators in the viewing area that photography is not permitted. Thank you.

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

Don't forget your goggles! Swimming hats are advised. Please bring a water bottle to the session, and swimming kit bag: with float, pull buoy, fins, hand paddles and front snorkel in. (There will be some kit available at Ferndown that you can borrow, but it is fairly limited – a few floats, pull buoys and some fins, for example).

Please remove jewellery before entering the pool.

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

### **Changing Facilities**

There are shower and toilet facilities, and an accessible unisex changing room. Please shower before entering the pool. Please feel free to come 'beach ready', to save time in the changing rooms.

### **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 an alternative lesson isn't possible).

**Please only come swimming/spectating 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.