

# A GUIDE TO SAFE SWIMMING

Swimming can be great fun, but it can also be dangerous. Please read this guide carefully and observe these common sense rules at all times.

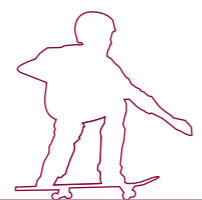
- › Never swim when under the effects of alcohol or after a heavy meal. Avoid holding your breath and swimming long distances under water.

- › Make sure you know the depth of the water and check where slopes lead to deeper water. No non-swimmers in the deep end.

- › Be especially careful if you have a medical condition such as epilepsy, asthma, diabetes or a heart condition and bring it to the attention of the lifeguard.

- › Unruly behaviour in and around the pool is strictly forbidden. Running, ducking, bombing and acrobatics are not allowed. Shouting and screaming could distract attention in an emergency.

- › Keep an eye open for other swimmers and be particularly careful around children and non-swimmers. If you see someone in difficulty, get help from our lifeguards immediately.



# I ALL WEATHER SYNTHETIC PITCH I

The floodlit pitch, fully resurfaced during 2003 offers local sport enthusiasts an ideal surface to practice football and hockey skills and for local clubs to base their matches and training sessions.

Casual use and seasonal block bookings are welcome.

Further details can be obtained by contacting reception.

# I XTREME ZONE I

Skateboarding, in-line skating and BMX cycling now acknowledged as a fast-growing sport nationally is catered for by the Floodlit Skate Park located next to Dovercourt Swimming Pool.

Please note play activities by their very nature provide an element of risk. However, users can assist in making the facilities a safe environment by taking the following actions.

- › Only use the facilities for their intended purpose
- › Wear appropriate clothing and protective gear at all times
- › Do not take glass or alcohol into the area
- › Take pride in the facilities - help to keep the site in good condition
- › Take note of signage indicating floodlight operational times

(The Skate Park is free to use and offers young people an ideal environment to show off their skills and socialise with friends.)

Dovercourt Swimming Pool  
 Low Road, Dovercourt,  
 Essex CO12 3TA  
 Tel 01255 686176

# SCHOOL HOLIDAY TIMETABLE I

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10pm		Masters Coaching	Sub Aqua Club				
9pm					Aqua Aerobics	Available For Hire (Birthday Parties, Galas, etc.)	
8pm	6 - 10 Club Use		7 - 9 Adults Only	6 - 10 Club Use			6 - 9 Club Use
7pm		5 - 9 Public Swim	Adult Lessons		6 - 8 Public Swim		
6pm							
5pm	4 - 6 Waterwalkerz		4 - 6.30 Junior Lessons	Lessons	4 - 6 Junior Lessons		4 - 6 Public Swim
4pm		4 - 5 Junior Lessons					
3pm	10.30 - 6 Public Swim			12 - 5.30 Public Swim		1 - 6 Public Swim	
2pm			11.30 - 4 Public Swim				2 - 4 Junior Float Fun Session including Waterwalkerz
1pm		10.30 - 4 Public Swim			10.30 - 4 Public Swim		
12noon						11 - 1 Junior Fun Session	
11am			10.30-11.30 50+ and Disabled	10 - 12 Junior Fun session			9 - 2 Public Swim
10am	9.30 - 10.30 Parent & Toddler	9.30-10.30 Aqua Aerobics			9.30 - 10.30 Parent & Toddler	9 - 10 Parent & Toddler Disabled	
9am							
8am	7 - 9.30 Dawn Dip (Public)	7 - 9.30 Dawn Dip (Public)	7 - 10.30 Dawn Dip (Public)	7 - 10 Public Swim	7 - 9.30 Dawn Dip (Public)	8 - 9 Public Swim	Cleaning Duties
7am	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



Information Guide

# DOVERCOURT SWIMMING POOL

Tendring District Council



Find us on: under 'Tendring Leisure Centres'. Click Like for latest information & updates

# WELCOME

This leaflet has been compiled to give you as much information as possible about the facilities on offer at Dovercourt Swimming Pool. We are dedicated to providing high quality, accessible, value for money services to cater for the sporting and leisure interests of residents and visitors to the District.

## Facilities include

25 metre Fitness Pool  
All Weather Synthetic Pitch and Floodlights  
Lifestyles Fitness Suite  
Spectator Seating  
Vending Machines  
Skate Park and Floodlights  
(adjacent to facility)

Our fully trained staff will be happy to assist you with any bookings or enquiries that you have.

Tel: 01255 686176

## WE HOPE TO SEE YOU SOON

### We value your comments

Please let us know your views on the Centre. Comment Cards are situated in the reception area.

Visit our Website at [www.tendringdc.gov.uk](http://www.tendringdc.gov.uk)

All information in this leaflet is correct at the time of print but may be subject to change.

## | SWIMMING |

Our popular 25m pool is suitable for all water activities ranging from fitness swimming to fun inflatable sessions. We also offer waterbased fitness classes including aqua aerobics. The pool is also the home of Harwich, Dovercourt and Parkeston Swimming Club.

- › To allow for changeovers, public sessions will terminate 10 minutes before the advertised closing time.
- › During busy times it may be necessary to operate a band system. During these periods every customer will be guaranteed a minimum of 45 minutes in the water.

### Swimming Admissions Policy

An adult (16+ years) must accompany children under the age of 8 years in the water. Maximum ratio allowed is one adult to every two under 8s.

## | NEW | NEW | NEW | NEW |

### WATERWALKERZ

Try and master a Human Hamster ball on water as it's a proven activity to keep fit and have fun at the same time with 5 minutes of intense action.

### AQUA AEROBICS

Now available twice weekly! No need to book, just turn up and exercise to music in the water. Meet people, have fun, lose weight and get fit!

## | LIFESTYLES FITNESS SUITE |

Open 7 days a week the Lifestyles Fitness Suite offers customers an effective approach to exercise.

### We offer the following

- › Cardiovascular training equipment
- › A choice of resistance machines to tone and shape your body
- › Personalised programmes
- › Fully qualified instructors
- › Referred Exercise Programmes in conjunction with North East Essex Primary Care Trust
- › Fitness Tests

Please note all users of this facility must complete an induction prior to using the equipment. Inductions can be booked at reception.

## | SWIM SCHOOL |

Tendring District Council aims to offer the highest level of swimming instruction delivered through the Amateur Swimming Associations Swimmers Journey framework. Swimming is an excellent activity to help with a child's development. Swimming Lessons also encourage water safety, an important consideration in a District with a coastline. The swim school offers a comprehensive range of swimming lessons with the aim of providing high standards of water confidence, swimming techniques and water skills. We will provide lessons that are educational, fun and safe. Each pupil benefits from a structural and progressive programme taken by dedicated instructors who monitor the progress of pupils closely in order that maximum benefit is gained from each lesson. Adult lessons also complement the swim school programme.

As an approved RLSS Training Centre, Pool Lifeguard courses operate on an occasional basis.

### Lessons and Awards

Pupils follow a structured syllabus, which aims to develop and improve their swimming as they progress through each grade. Tendring District Council realises the importance of rewarding pupils for their hard work and operates the Amateur Swimming Association awards scheme, incorporating their badges and certificates.

### Swimming Teachers

All of our teachers are Amateur Swimming Association qualified and have a wealth of experience in the provision of quality swimming lessons.

## | THE ONE CARD |

Tendring District Councils new leisure card gives you more for less when you visit our excellent sports and leisure facilities. For details of services and prices refer to One card promotional literature or contact reception.

### Child Protection

Tendring District Council Leisure Facilities are committed in ensuring appropriate child protection procedures are in place for all activities and have recently been accredited to the Safer Activities for Everyone (SAFE) scheme.

## | SCHOOL TERM TIMETABLE |

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10pm		Master Coaching	Sub Aqua Club				
9pm							
8pm	6 - 10 Club Use		7 - 9 Adults Only	6 - 10 Club Use	Aqua Aerobics	Available For Hire (Birthday Parties, Galas, etc.)	6 - 9 Club Use
7pm		5 - 9 Public Swim	Adult Lessons		6 - 8 Public Swim		
6pm				Lessons			
5pm	3 - 6 Public Swim	4 - 5 Junior Lessons	4 - 6.30 Junior Lessons		4 - 6 Junior Lessons		4 - 6 Public Swim
4pm				Schools		1 - 6 Public Swim	
3pm	Schools						2 - 4 Junior Float Fun Session
2pm		Schools	11.30 - 4 Public Swim		Schools		
1pm	10.30 - 2 Public Swim	10.30 - 4 Public Swim			10.30 - 4 Public Swim		
12noon						11 - 1 Junior Fun Session	
11am			10.30-11.30 50+ and Disabled	9.30 - 1.15 Public Swim		10-11 50+ and Disabled	
10am	9.30 - 10.30 Parent & Toddler	9.30-10.30 Aqua Aerobics			9.30 - 10.30 Parent & Toddler		
9am	Schools	Schools	Schools	Schools	Schools	9 - 10 Parent & Toddler	
8am	7 - 8.50 Dawn Dip (Public)	7 - 8.50 Dawn Dip (Public)	7 - 8.50 Dawn Dip (Public)	7 - 8.50 Dawn Dip (Public)	7 - 8.50 Dawn Dip (Public)	8-9 Public Swim	Cleaning Duties
7am						Cleaning Duties	Cleaning Duties