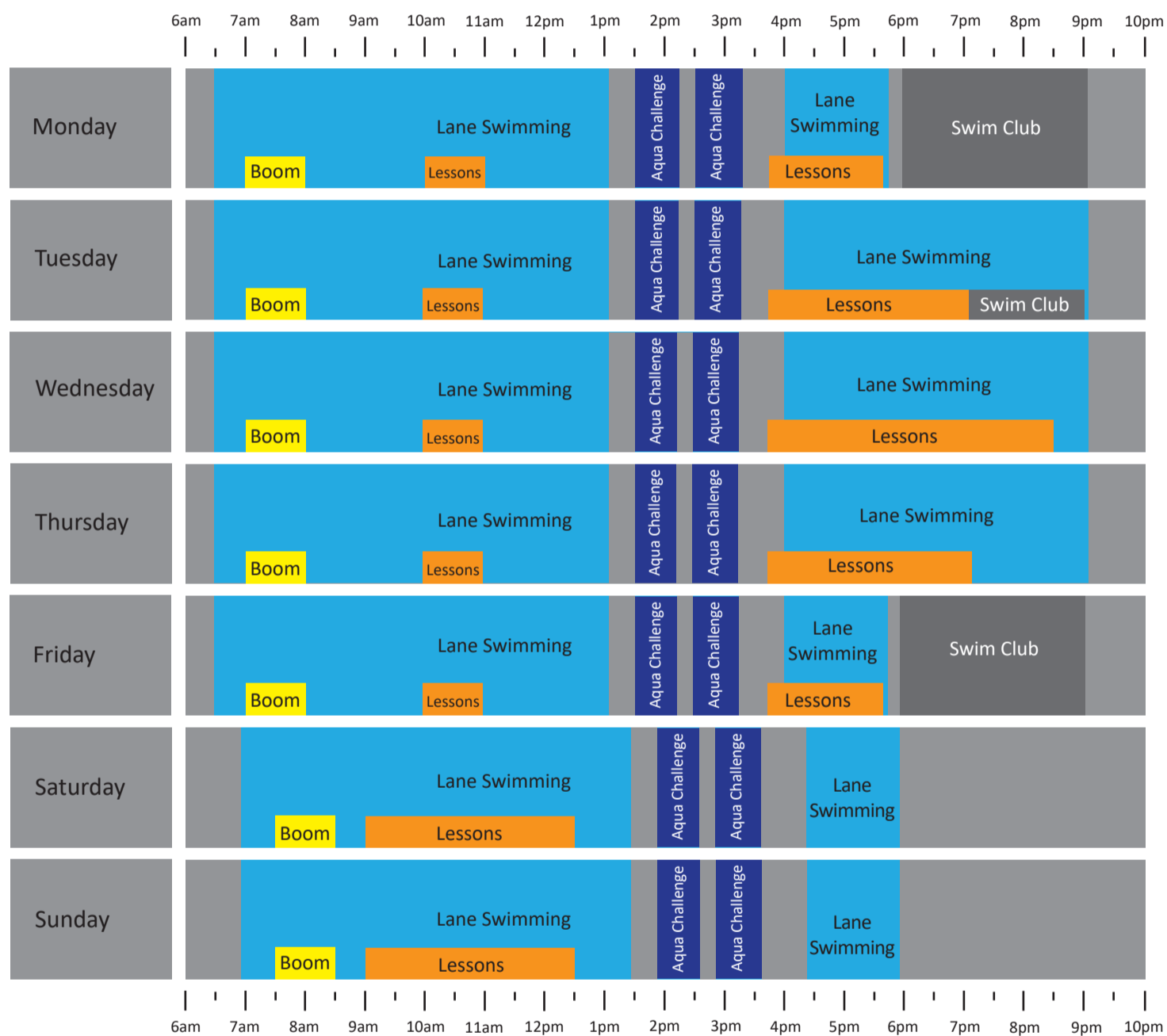


# Pool Timetable

## Gala Pool Timetable Half Term School Holidays

Please note there is currently no booking system for swimming  
There will be a 5 minute closure between each session to allow for lane ropes to be changed over



### Lane Swimming

Lane swimming sessions are for adults and children if they can swim continuous lengths. No non swimmers can attend these sessions.

Each lane will have a directional signage at the end to indicate the way that you swim up and back.

Please follow lane swimming etiquette when joining a lane swimming session.

**Lifeguards are there for everyone's safety. If they ask you to adhere to a request please cooperate with them.**

### Aqua Challenge

Can you complete the Aqua Challenge? book online today!  
[www.eastbourneleisure.co.uk](http://www.eastbourneleisure.co.uk)

### Lessons

During Lessons times there are reduced Lanes available for swimming but the pool is still open to the public.

Our Swimming Lessons Programme runs 50 weeks of the year for ages 6 months up to adult lessons.

For more information on Lessons please visit our website  
[www.eastbourneleisure.co.uk](http://www.eastbourneleisure.co.uk)  
or ask at reception.

### Boom Pool Open Swimming

Everyone is allowed.

### Lane swimming etiquette

- People of different standards and abilities will use the pool. Please respect their right to enjoy their swim.
- Do not make physical contact with other participants.
- Swim in a lane appropriate to your swimming ability/speed.
- Please follow the direction of the lane boards and swim in single file. This will help to prevent accidents and ensure participants can maintain a safe social distance.
- If you are continually being passed or the one doing the passing please consider moving to a slower or faster lane.
- **Lifeguards are there for everyone's safety. If they ask you to adhere to a request please cooperate with them.**

For the latest info visit...  
[www.eastbourneleisure.co.uk](http://www.eastbourneleisure.co.uk)