

POOL ADMISSION POLICY FOR CHILDREN UNDER 8
ISRM NATIONAL GUIDANCE

No child under the age of 8 years to be admitted to a swimming pool unless accompanied by a responsible adult.

A responsible adult is defined as someone aged 16 years or older, capable of supervising the child in a competent manner.

Where children under the age of 8 years old are accompanied by a responsible adult, a maximum number of TWO children per adult is permitted.

This ratio is maintained irrespective of the number of children under 8 years old wishing to swim (i.e. 4 children : 2 adults, 6 children : 3 adults).

A responsible adult is not permitted to take three or more children under the age of 8 years old into the swimming pool.

CHILDREN'S USE OF CHANGING ROOMS

Children under the age of 8 years are allowed to change in opposite sex changing rooms.

Permission is only allowed if there is no-one present from the same sex to help the child change.

Where changing cubicles or family/disabled changing rooms are available, swimmers are encouraged to use them.



NO PHOTOGRAPHY OR VIDEOGRAPHY EQUIPMENT IS PERMITTED ON POOLSIDE THIS INCLUDES THE USE OF MOBILE PHONES.



FREE OVER-60S SWIM EVERY FRIDAY (ONLY DURING TERM TIME)

DUE TO LIMITED NUMBERS, PRE-BOOKING IS HIGHLY RECOMMENDED

LANE SWIMMING = POOL SPLIT INTO 4 LANES, FOR SWIMMING 25-METER LENGTH

FAMILY SWIMMING = FOR INDIVIDUALS, OR FAMILIES WHO WANT TO COME SWIMMING IN AN OPEN POOL



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**CEREDIGION
ACTIF** 

**SWIMMING POOL
OPENING HOURS
TERM TIME**

Canolfan Hamdden
Plascrug
Leisure Centre

	Main Pool		Small Pool	
Monday	Public Lane Swimming	<ul style="list-style-type: none"> · 7:15am - 8:00am · 8:00am - 8:45am · 11:45am - 12:30pm 	Family Swimming	<ul style="list-style-type: none"> · 8:00am - 8:45am · 11:45am - 12:30pm
Tuesday	CLOSED		CLOSED	
Wednesday	Public Lane Swimming Over 50's Swimming Family Swimming Public Lane Swimming	<ul style="list-style-type: none"> · 7:15am - 8:00am · 8:00am - 8:45am · 11:45am - 12:30pm · 2:15pm - 3:00pm · 5:00pm - 6:00pm · 6:00pm - 7:00pm 	Family Swimming	<ul style="list-style-type: none"> · 8:00am - 8:45am
Thursday	Public Lane Swimming Family Swimming Public Lane Swimming	<ul style="list-style-type: none"> · 8:00am - 8:45am · 4:30pm - 5:15pm · 5:15pm - 6:00pm · 6:00pm - 6:45pm · 6:45pm - 7:30pm 	Family Swimming	<ul style="list-style-type: none"> · 8:00am - 8:45am
Friday	Public Lane Swimming Family Swimming Public Lane Swimming	<ul style="list-style-type: none"> · 7:15am - 8:00am · 8:00am - 8:45am · 11:45am - 12:30pm · 3:45pm - 4:30pm · 4:30pm - 5:15pm · 5:15pm - 6:00pm · 6:00pm - 6:45pm · 6:45pm - 7:30pm 	Family Swimming Fun Session Family Swimming	<ul style="list-style-type: none"> · 8:00am - 8:45am · 11:45am - 12:30pm · 3:45pm - 4:30pm · 4:30pm - 5:15pm · 5:15pm - 6:00pm · 6:00pm - 6:45pm · 6:45pm - 7:30pm
Saturday	Family Swimming Fun Session Family Swimming	<ul style="list-style-type: none"> · 10:00am - 10:45am · 10:45am - 11:30am · 11:30am - 12:15pm · 12:15pm - 1:00pm · 1:15pm - 2:00pm · 2:00pm - 2:45pm (free child swim) · 2:45pm - 3:30pm 	Family Swimming	<ul style="list-style-type: none"> · 10:00am - 10:45am · 10:45am - 11:30am · 11:30am - 12:15pm · 12:15pm - 1:00pm · 1:15pm - 2:00pm · 2:00pm - 2:45pm (free child swim) · 2:45pm - 3:30pm
Sunday	Family Swimming	<ul style="list-style-type: none"> · 10:00am - 10:45am · 10:45am - 11:30am · 11:30am - 12:15pm · 12:15pm - 1:00pm · 1:00pm - 1:45pm 	Family Swimming	<ul style="list-style-type: none"> · 10:00am - 10:45am · 10:45am - 11:30am · 11:30am - 12:15pm · 12:15pm - 1:00pm · 1:00pm - 1:45pm