

Pool admission for children under 8 years

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.



Free over 60's swim every Monday
(During Term Time)

**Due to limited numbers, pre-booking
is highly recommended.**

**Lane Swim = Pool Split into 4
lanes, for length Swimming**

**Family Swim = For individuals
or Families who want to come
swimming in an open pool.**

Canolfan Hamdden Plascrug Leisure Centre,

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Term Time

Swimming Pool

Opening Hours



Canolfan hamdden
Plascrug
leisure centre

	<u>Main Pool</u>		<u>Small Pool</u>	
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