

## 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  
(any session)

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



Canolfan Hamdden Plascrug Leisure Centre,

Plascrug, Aberystwyth, SY23 1HL

01970 624579

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CEREDIGION  
**ACTIF**



Term Time

# Swimming Pool

## Opening Hours



Canolfan hamdden  
**Plascrug**  
leisure centre

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