

IMPORTANT INFORMATION ABOUT CLASSES

Aqua size

We are currently opening for Lane swimming sessions aquasize only. Tuesday and Thursday times are the same. Wednesday has been brought forward 30 minutes to 2:30pm- 3:30pm. Please refer to the pools covid timetable for session times

We are unable to host more than one session type at any one time so our public access has changed quite a bit aswell as our maximum bather load. Tuesday and Thursday maximum occupancy is 30. On a Wednesday maximum is 20.

Kinesis studio

Please refer to Stevenage Swimming Centres online booking system for updated session times. Please be aware some sessions may finish early to disinfect equipment between sessions.

Covid Class Session Etiquette

Do not attend the Centre if you have any Covid symptoms

Please use the hand sanitiser available upon entry to the building

Pre book attendance is compulsory

Arrive ready for your activity

Follow the one-way system

Please use cleaning products provided to clean equipment before & after use if desired.

Normal Class Etiquette apply

Exit the Gym when instructed to by a member of our team

Pre-booking

You are still able to pre-book into a booking system to enable you to book yourself in for a time slot online. This is to give you confidence that when you come for your swim you will be guaranteed a space. Walk in slots are available but we advise everyone to pre book to avoid

1

disappointment as we have had to put a restriction on our maximum bather loads.

Facilities that are closed

To adhere with the governments guidelines, there are areas that we have had to keep closed. These areas include:

1. The viewing gallery
2. The methesis spa
3. The vending area will be closed apart from using the vending machines.

Your visit (aquasize)

Before you visit the centre, you will need to turn up "beach ready" meaning you need to come ready to get into the pool.

When you arrive you may need to queue outside the building, we have marked out 2 metre gaps for you follow social distancing guidelines. We have also marked out 2 metre intervals throughout the entire building.

You will need to sign in with the receptionist as you normally would.

We have put in a one-way system for you to follow:

From reception you will need to head straight to poolside through the door to the right of reception.



2

From here you will need to remove your footwear and carry your belongings onto poolside. The lockers will be available to put your belongings in. Please follow the directional arrows to guide you around the one-way system. Back to the pool.

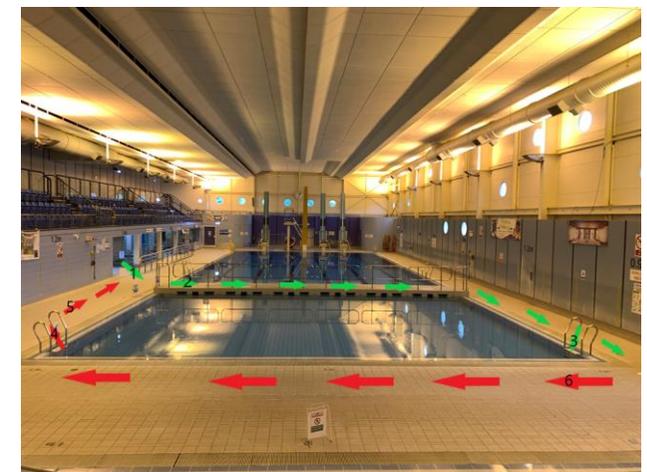


After your session, follow the same directional signage back to the changing village. You will then be directed to the route to leave the building

Poolside

Exit the changing rooms and follow the green arrows to access the shallow end.

After your session, follow the red arrows back to the changing village.



3

Your Visit (kinesis)

Before you visit the centre, you will need to turn up “beach ready” meaning you need to come ready go straight into the class.

When you arrive you may need to queue outside the building, we have marked out 2 metre gaps for you follow social distancing guidelines. We have also marked out 2 metre intervals throughout the entire building.

You will need to sign in with the receptionist as you normally would.

We have put in a one-way system for you to follow:

From reception you will need to back out of the front doors and go to the left of the building (second car park). The fire exit to the kinesis studio will be the temporary entrance and exit.



TRX (training room)

From reception you will need to back out of the front doors and go to the right of the building (first car park). The fire exit will be the temporary entrance and exit.



What we are doing to keep you safe

We have increased our cleaning regime to regularly disinfect common contact points.

We are regularly disinfecting all of the changing village.

We are disinfecting all lockers after their use.

We are disinfecting all equipment before and after classes.

We have reduced the amount of people we allow in the pool so you can keep a safe distance during your visit.

We have spread out hand sanitiser points around the building for all to use.

All of our lifeguards have been trained and updated their first aid to keep everyone safe.

All toilets are one person at a time. With added hand sanitiser. Blue paper towel have replaced our air hand driers.

Please refer below to the buildings one-way system.

The blue dots represent hand sanitiser points

