

Aldershot Adult Swimming Club



We are a non-profit making voluntary club set up to help adults learn to swim, improve their swimming techniques and keep fit

The Club operates under the auspices of the Rushmoor Swimming Association (RSA) from whom it hires water-time on a Wednesday Evening. It is a Member of Rushmoor Voluntary Services.

Places for People Leisure is the Contractor employed by the Rushmoor Borough Council to run the pool and protect our safety.

CLBRULES

It is very important that everyone follows the instruction and advice of Lifeguards and People for Places Managers at all times and obeys all pool notices.

No one should swim when suffering from infectious or debilitating medical conditions. If you have any condition which could affect you or others at the pool/gym, you must let a club officer know immediately on arrival at the pool. The pool is virtually chlorine free, and therefore should not sting your eyes.

Members can arrive at the pool from 8.30 but swimming does not commence until 9.05pm, Members must leave the water quickly when required to do so. Normal end of water time is 9.55pm.

The pool is normally divided in 3 double lanes: fast swimmers (nearest the gym), intermediates, and beginners (nearest the seats). Beginners should not enter the water unsupervised until authorised by a club officer and must not swim past the middle of the pool without supervision.

Familiarise yourself with the 4 fire exits: In the unlikely event of a fire or other alert DO NOT return to the changing area until told to do so by a lifeguard.

We are required to pay fees in advance therefore we are ask you similarly to do so. We hire water in 3 monthly term slots although beginners pay for a 12 week course that can start or finish at any time within a term.

Swimming is relaxing, good for your well-being and we hope FUN. We are always looking for new members. Why not bring along a family member or friend

Members are advised not to leave valuables/car keys in their locker. Bring them into the pool area.

Let an officer know if you come across any issues which need to be resolved.

Last updated March 2017.