

POOL ACTIVITIES

OPEN SWIM

Silver members are welcome to swim! Please note: children under the age of 10 must be accompanied by a parent or guardian over the age of 16. All children under the age of 8 must be accompanied in the water by a parent or guardian over the age of 16. Children between the ages of 8-12 must pass a swim test to enter the water unaccompanied.

FAMILY SWIM

All children under 18 must be accompanied in the water by a parent. There is no lifeguard on duty during this time, so for safety reasons there will be a maximum of 10 swimmers at a time in the pool. (Ratio-Adult to children under 6 years old 1:2)

ADULT SWIM

Residents over the age of 18 are welcome to enjoy the use of the pool for swimming laps, or relaxing in the water. There is no lifeguard on duty during this time, so for safety reasons there will be a maximum of 10 swimmers at a time in the pool.

The Pool is booked for exclusive use during the below sessions:

SWIMMING LESSONS

The best way to learn to swim! Join a class with one of our Red Cross Qualified Instructors. We have private, semi-private and group classes for children and adults.

SWIM FOR FITNESS

Build your endurance and fitness in our guided program. Free for adult Platinum members.

AQUAFIT

A class for everyone, especially for those with joint ailments or injuries, get fit with this challenging water workout. A gentle low impact class in shallow water. (platinum members).

POOL RENTAL

Rent out the pool during an open swim time, or book your own private pool rental. If you are interested in holding a party see our party package ideas. Party rentals available on Saturday and Sundays during the open swim time. Email our aquatic coordinator James.Cochrane@ferguslea.com for more information.

GUESTS

Silver members are welcome to bring their guests to the swimming facilities. (2 guests per visit) All guests must be signed in at the reception desk upon arrival.