

Pool Timetable

Fun Pool Timetable School Holidays

Please note a booking system operates at Peak Times (Weekends and School Holidays) and we are currently not operating the flume, bubble pool, waves or water features due to covid restrictions.

To book visit our website www.eastbourneleisure.com or ask at reception

	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Monday					Open Swim		Open Swim		Open Swim		Open Swim		Open Swim				
Tuesday					Open Swim		Open Swim		Open Swim		Open Swim		Open Swim				
Wednesday					Open Swim		Open Swim		Open Swim		Open Swim		Open Swim				
Thursday					Open Swim		Open Swim		Open Swim		Open Swim		Open Swim				
Friday					Open Swim		Open Swim		Open Swim		Open Swim		Open Swim				
Saturday					Open Swim		Open Swim		Open Swim		Open Swim						
Sunday					Open Swim		Open Swim		Open Swim		Open Swim						

Open Swimming

Everyone is allowed.

Participants from the same household are not required to socially distance from each other but will be required to maintain a social distance from others.

Children under the age of 8 must be accompanied by an adult on a maximum of a 2:1 ratio, we advise that they wear approved buoyancy aids.

Centre Use Guidelines

Please do not come to the centre if you feel unwell with any covid 19 symptoms

The Sovereign Centre has a zero tolerance approach to verbal and physical behaviour. Any unacceptable behaviour will be taken very seriously and may result in the immediate ejection from the centre.

Inform a lifeguard if you have any medical condition we should know about, and do not swim if you are feeling unwell

If you or your child has had diarrhoea in the last 14 days, please do not use the swimming pool

If you or your child has vomited in the last 24 hour, has a tummy upset or is suffering with a cold or virus, then please do not use the swimming pool

Please follow the guidance of the lifeguards at all times

Arrival Information

- Please only arrive 10-15 minutes before the start of your session, we will not be able to accommodate early arrivals into the building and you will be asked to wait outside.
- To minimise the amount of contact that you come into, please come "Beach Ready" with your costume on under your clothing, and if possible do not use a changing room on arrival.
- Please use the lockers provided which are 20p non refundable for your belongings, and do not leave anything unattended on the tables. We have limited seating and any belongings left unattended will be removed.
- If you are spectating you do not need to book, however we have limited space available, so please note you may be asked to leave if the seating is full.
- Please note that photography and the recording of still and moving images of any kind is only allowed with the written authorisation of the centre management.
- Babies must wear appropriate swim nappies.
- Please follow our suitable swim wear guidance, family session ratio policy and Covid 19 guidance for using our centre.
- For full information on using our centre within the Covid 19 restrictions please visit our FAQ page.



For the latest info visit...

www.eastbourneleisure.co.uk

SOVEREIGN
centre