



**UNIVERSITY OF
STIRLING**

**SWIMMING POOL TIMETABLE
AT THE NATIONAL SWIMMING ACADEMY**

3rd January, 2010 - 14th February, 2010

Charges for non-members are:

Adults £4.10

Concessions £3.30

Children (aged 4 – 15) £2.70

Children (Under 4)

Family (2 adults & 2 children)

Stirling University student

FREE

£9.90

£3.30

**SCOTTISH
SWIMMING**



sportscotland
LOTTERY FUNDED

Note1				
Lane Swimming				
17th January	7am-9am & 9.30am – 11.30am 11.30am – 1pm	50m	2m	Min 3
7th February	9.30am – 11.30am	25m	2m	Min 3
Recreational Swimming				
17th January	9.30am - 11.30am	25m	2m	Min 3
Note 2				
Recreational Swimming				
4th & 11th January	10.30am – 4pm	25m	1.2m	Min 3
25th January NOT AVAILABLE	3pm – 4pm			
Note 3				
Recreational Swimming				
4th & 11th January	6.30pm – 10pm	25m	1.2m	6
Note 4				
Recreational Swimming				
6th & 13th January	10.30am - 10pm	25m	1.2m	6
10th February	11am - 1.30pm	25m	1.2m	6
Note 5				
Lane Swimming				
8th & 15th January	6.30pm - 10pm	25m	1.2m	6
Note 6				
Recreational Swimming				
12th February	10.30am - 1.30pm	25m	1.2m	6

OPENING TIMES

The National Swimming Academy is open: Monday – Friday 6am – 10pm; Saturday and Sunday 7am – 8pm. See the timetable for details of sessions for members and the general public. Last entry is 30 minutes before the end of the final session.

The reception at the National Swimming Academy is open: Monday – Friday 8am – 9pm; Saturday 9am – 3pm; Sunday 9am – 2pm. Tel: 01786 466500.

Lane Etiquette for Swimmers

Swim in a lane appropriate to your abilities.

If you are a front crawl swimmer try to join a lane with other front crawl swimmers, similarly breast stroke swimmers – join a breast stroke lane.

If you want to swim back crawl do it when the pool is quiet and you are less likely to cause annoyance to others.

No butterfly unless the lane is empty.

Follow the direction signs for the lane that you use.

If a swimmer behind you wishes to overtake, then where there is room to do so allow them the opportunity to do so down the length of the pool.

Alternatively, where the lane is too busy, when you reach the end of the pool allow them to come past you.

If you catch up with a swimmer in front of you give them the opportunity to allow you to pass,

Don't harass them or try to swim over them!

Be aware of other swimmers in your lane, be courteous and respect their right for an uninterrupted swim.

There is a six-lane 50 metre pool which can be split into two 25 metre pools by a moveable boom. One of the 25 metre pools has a moveable floor, changing the water depth from 0 metres to 2 metres.

The University, in partnership with Scottish Swimming and the Scottish Institute of Sport, has been at the forefront of high performance swimming and training in Scotland for a long time. Post Beijing, the university's position has been enhanced. Stirling has been chosen as one of 5 British Intensive Training Centres (ITC), as part of British Swimming's aim to provide a world class daily training environment for swimmer development. The award of ITC status is a significant boost for Scottish sport.

As part of the process of bringing the ITC into existence some of the times at which the high performance swimmers train at the university have changed. So there have been some changes to the timetable that you may be familiar with. On the whole the balance between the use by high performance swimmers and our members and the public has not changed but there are some differences in the times and the pool set up. We would, therefore, recommend that the timetable be studied carefully. We very much hope that our members and users enjoy being part of the facility that provide swimming opportunities for everyone from complete beginners to Olympic and Paralympics swimmers.

ADMISSION CHARGES

The swimming pool is open to the general public. Admission is either by membership or payment on entry.

There are 5 categories of membership: Stirling University student; Stirling University staff; Stirling University Alumni Association member; Community member; Corporate member. Details of what is included in a membership and how to become a member are contained in the leaflet *Guide to Membership of the Sports Facilities*. Entry to the swimming pool is free for members.

Concessions

The University is committed to widening opportunities for all. This is reflected in its attempts to provide an atmosphere, range of services and prices that are attractive to all users including those with disabilities, low incomes and those aged 60+. Users on low incomes, disabled users and those aged 60+ can benefit from our concessionary pricing scheme. Proof of eligibility may be required. A carer will be admitted free of charge when accompanying and assisting a disabled user.

Lane swimming

Swimming is in lanes. You must be able to swim a minimum of 50 metres unaided. The minimum age for lane swimming is 8 years old. Children aged 8-16 must be accompanied in the water by an adult during lane swimming sessions. Choose a lane according to your requirements. Floats and pull buoys are available for kicking and pulling practices.

Recreational swimming

There are no lane ropes in the swimming pool. Children under 8 years of age must be accompanied in the water by an adult during recreational sessions. One adult must be responsible for the supervision of a maximum of two children aged 8 and under

Please see *Sports Facilities and Services for All: User Guide* for regulations for users.

Accessibility

The National Swimming Academy is an excellent facility that is easily accessible to all kinds of users. Please make contact with us if you have any special needs or wish to suggest improvements: Ian Graham, Sports Facilities Manager. 01786 466900. ian.graham@stir.ac.uk

PLEASE NOTE THAT INFORMATION IN THIS LEAFLET WAS CORRECT AT TIME OF PRINT.