



Adult : Child Ratio

Fun Session



1 Adult to 1 Child
0-3 years



1 Adult to 2 Children
4 - 7 years

Fun Session: Flumes, floats, water features and sprays will be in operation

Quiet Session



1 Adult to 2 Children
0-7 years

Children aged 8 years and over are permitted to use the swimming pool unaccompanied during any session.

Adults that supervise young children under the age of 8 must be at least 16 years of age and be capable of supervising the children safely.



Swimming Pool Opening Times & Prices April 2024

CONTACT US

National Sports Centre
Groves Road
Douglas
IM2 1RB

Email: nsc@gov.im
Phone: 01624 688588
Web: msr.gov.im



Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quiet Session 9:00-12:00	Quiet Session 9:00-12:45	Quiet Session 9:00-11:15	Quiet Session 9:00-3:45	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00
Quiet Session 12:00-3:45	12:45-2:15	Quiet Session 11:45-2:30		Quiet Session 12:00-3:45	Fun Session 12:30-2:00	Fun Session 12:30-2:00
Fun Session 4:30-7:00	Fun Session 4:30-7:00	Fun Session 4:30-7:00	Fun Session 4:30-7:00	Fun Session 4:30-7:00	Fun Session 2:30-4:00	Fun Session 2:30-4:00

Beach Pool & Coral Cove only

Flow Pool, Beach Pool & Coral Cove

Memberships

1 month Memberships

Age Group	Price
Junior 8 – 17 yrs	£22.75
Adult 18 – 64 yrs	£32.50

3 month Memberships

Age Group	Price
Junior 8 – 17 yrs	£64.55
Adult 18 – 64 yrs	£92.20

Please be aware that lanes 7 and 8 are only 20m long

Prices

Age Group Price

Infant 0 – 3 yrs	FREE
Child 4 – 7 yrs	£2.60
Junior 8 – 17 yrs	£3.65
Adult 18 – 64 yrs	£5.25
Senior 64+ yrs	£3.65
Student	£3.65

Book ahead for fun sessions, by visiting MSR.GOV.IM or contacting NSC Reception

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Early Birds 7:00-8:45	Early Birds 7:00-8:45	Early Birds 7:00-8:45	Early Birds 7:00-8:45	Early Birds 6:30-8:00		
PM	9:00-1:15	9:00-11:15	9:00-3:45	9:00-12:00	8:15-3:45	10:45-4:30	10:45-4:30
	1:15-7:15	11:15-12:30		12:00-1:15			
		12:30-3:45	3:45-8:00	1:15-3:45		3:45-5:30	4:30-6:00
		2 lanes only between 4-6 pm	2 lanes only between 4-6 pm	3:45-7:45			
		8:15-9:00	8:15-9:00				

Shallow & Deep Pool

Deep Pool only

Shallow Pool only