

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.



CONTACT US

National Sports Centre Groves Road Douglas IM2 1RB

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Swimming Pool Opening Times & Prices January 2024

EN55



Leisure Pool

Monda	y Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Quiet Session 9:00-12:0	Quiet	Quiet Session 9:00-12:00	Quiet Session	Quiet Session 9:00-11:45	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00	
Quiet Sessior 12:00-3:	12:45-2:15	Quiet Session 12:00-2:30 2:30-3:45	9:00-3:45	Quiet Session 11:45-3:45	Fun Session 12:30-2:00	Fun Session 12:30-2:00	
	Quiet Session 2:15-3:45				Fun Session 2:30-4:00	Fun Session 2:30-4:00	
Fun Sessi 4:30-7:0		Fun Session 4:30-7:00	Fun Session 4:30-7:00	Fun Session 4:30-7:00			

Memberships 1 month Memberships Age Group Price Junior 8 – 17 yrs £21.45 Adult 18 – 64 yrs £30.65 3 month Memberships

PM

Deep Pool only

Age Group PriceJunior 8 – 17 yrs £60.90

£87.00

Adult 18 – 64 yrs

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

Shallow Pool only

Beach Pool & Coral Cove only

MSR.GOV.IM or contacting NSC Reception

Flow Pool, Beach Pool & Coral Cove

			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Prices		AM	Early Birds 7:00-8:45	Early Birds 7:00-9:00	Early Birds 7:00-9:00	Early Birds 7:00-9:00	Early Birds 6:30-8:00 8:15-9:45				
Age Group	Price										
Infant 0 – 3 yrs	FREE		11:45-13:15	11:15-3:15							
					12:15-1:00						
Child 4 – 7 yrs	£2.45		17.1F 7.1F		1:00-3:00	12:15-3:15	12:15-3:00	10:45-6:00	10:45-6:00		
Junior 8 – 17 yrs	£3.45	PM	13:15-7:15								
Adult 18 – 64 yrs	f4 95			3:15-3:45	3:00-3:45	3:15-3:45	3:00-3:45				
				3:45-9.00	3:45-8:00	3.13 3.43	3:45-5:30				
Senior 65+ yrs	£3.45			2 lanes only	2 lanes only between 4-6						
Student	£3.45			between 4-6 pm	pm	3.45-7:45					
				8:00-9:00							
Book ahead for fun sessions, by visiting											

Shallow & Deep Pool