



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.



CONTACT US

National Sports Centre
Groves Road
Douglas
IM2 1RB

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



Department of Education, Sport and Culture
Rheynn Ynsee, Spoyrt as Cultoor



Swimming Pool Opening Times & Prices

26th February 2024 -
28th March 2024



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
	Quiet Session 2:15-3:45	2:30-3:30			Fun Session 2:30-4:00	Fun Session 2:30-4:00
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		

Beach Pool & Coral Cove only

Flow Pool, Beach Pool & Coral Cove

Memberships

1 month Memberships

Age Group	Price
Junior 8 – 17 yrs	£21.45
Adult 18 – 64 yrs	£30.65

3 month Memberships

Age Group	Price
Junior 8 – 17 yrs	£60.90
Adult 18 – 64 yrs	£87.00

Prices

Age Group	Price
Infant 0 – 3 yrs	FREE
Child 4 – 7 yrs	£2.45
Junior 8 – 17 yrs	£3.45
Adult 18 – 64 yrs	£4.95
Senior 64+ yrs	£3.45
Student	£3.45

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

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 6:30-8:00		
				8:15-9:45		
	11:45-1:15	11:15-3:15	11:15-3:15		10:45-4:30	10:45-4:30
PM	1:15-7:15	1:00-3:00	1:00-3:00	12:15-3:00		
	3:15-3:45	3:00-3:45	3:15-3:45	3:00-3:45		
	3:45-9:00 2 lanes only between 5-6 pm	3:45-8:15 2 lanes only between 5-6 pm	3:45-7:45	3:45-5:30	4:30-6:00	4:30-5:15
		8:15-9:00				

Shallow & Deep Pool

Deep Pool only

Shallow Pool only