

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





Swimming Pool
Opening Times & Prices
Easter School Holiday
29th March - 14th April



Leisure Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quiet Session	Quiet Session	Quiet Session				
9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00
Fun Session	Fun Session	Fun Session				
12:30-2:00	12:30-2:00	12:30-2:00	12:30-2:00	12:30-2:00	12:30-2:00	12:30-2:00
Fun Session	Fun Session	Fun Session				
2:30-4:00	2:30-4:00	2:30-4:00	2:30-4:00	2:30-4:00	2:30-4:00	2:30-4:00
Quiet Session 5:00-7:00						

Prices *

*as from Monday 1st April 2024

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

AM

PM

Deep Pool only

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

Training Pool: Lane Swimming

Shallow Pool only

Features and Flumes available

Aqua Adventure Week

Flow Pool, Beach Pool & Coral Cove



Shallow & Deep Pool