



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

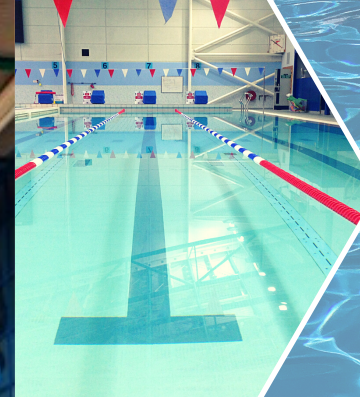
Quiet Session



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 Autumn 2023

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 9:00-12:00	Quiet Session 9:00-3:45	Quiet Session 9:00-11:45	Quiet Session 9:00-12:00	Quiet Session 9:00-12:00
Quiet Session 12:00-3:45	12:45-2:15 Quiet Session 2:15-3:45	Quiet Session 12:00-2:30		Quiet Session 11:45-3:45	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

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

AM

PM

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

Beach Pool & Coral Cove only

Flow Pool, Beach Pool & Coral Cove

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 65+ yrs	£3.45
Student	£3.45

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 7:00-9:00	Early Birds 7:00-9:00	Early Birds 7:00-9:00	Early Birds 6:30-8:00 8:15-9:45		
PM	11:45-13:15	11:15-3:15	12:15-1:00	12:15-3:15	12:15-3:00	10:45-4:30	10:45-4:30
	13:15-7:15	3:15-3:45	1:00-3:00	3:15-3:45	3:00-3:45		
		3:45-9:00 2 lanes only between 4-6 pm	3:00-3:45	3:45-7:15 2 lanes only between 4-6 pm	3:45-5:30	4:30-6:00	4:30-5:45
			7:15-9:00	3:45-7:45			

Shallow & Deep Pool

Deep Pool only

Shallow Pool only