

POOL RULES

For the safety and comfort of all swimmers, can members please adhere to the instructions from lifeguards and signs all around the pool. Children under 14 years must be supervised by the poolside or in the water. All non-swimmers must be accompanied by an adult in the water.

When choosing the lanes, choose a suitable lane for your speed and ability and follow the direction signs. If you enter a lane already occupied by a swimmer, please be courteous and make your presence known in a safe manner. Everyone must shower before getting in the water. A full list of pool rules is on pool side. The maximum capacity of the pool varies between 16 to 36 people, depending on the swim session. Sessions must be booked in advance online or at reception.

Members will be able to pre-book one session per day. If a space is available for the following session, another booking can be made on the day and members will still be asked to leave the pool to allow the lifeguard to clean the pool surroundings take a break from the pool area.

LANE SPEED

Slow Lane: 25 m length in over 40 seconds

Medium Lane: 25 m length between 30 and 40 seconds

Fast Lane: 25 m length in less than 30 seconds

Medium/Fast Lane: 25 m length in over 40 seconds

MEMBERS LANE SWIM

The speed of the lane is justified by the signage in each lane. Members must follow the direction for lane swimming and adhere to guidance given by the lifeguard. Junior members are permitted if they are able to swim continuous lengths. Only competent swimmers aged 8+ can swim in this session.

ADULTS ONLY LANE SWIM

The session is dedicated to members over 16 years adhering to lane swimming only. Members must follow the direction for lane swimming and adhere to guidance given by the lifeguard.

SWIMMING LESSONS

Pre-booked/paid termly lessons. For children swim lessons, contact info@pauldillonswimming.com to book. For adult beginners swim lessons visit www.ucsactive.org.uk/swimming-pool/

BEGINNER ADULT SWIM GROUP

Level 2: Beginner Swim Session: Designed for swimmers who can confidently move through the water but want to build stamina and improve basic stroke technique. This small-group session focuses on breathing control, body position, and building confidence in the pool.

Level 3: Intermediate Swim (Max Capacity: 6) Refine your front crawl, backstroke, and breaststroke. This session focuses on efficiency, pacing, and advanced technique drills to help you swim further and faster with less effort.

INTERMEDIATE ADULT SWIMMING

Designed for adults who can swim at least one length continuously and are comfortable being in the deep end of the pool, but want to improve technique, stamina, and confidence. Sessions include stroke development and breathing control to help you progress your swimming abilities.

RECREATIONAL SESSIONS

Recreational sessions can be used for exercise, relaxation or rehabilitation. Children are permitted to use this area, but must be accompanied by an adult. Lane swimming will not be permitted during this session. During adult recreational swim, only 16+ years old will be allowed in the pool.

FAMILY FUN & GAMES

This session is dedicated to families to enjoy water games. Toys and equipment will be provided by UCS Active and members are kindly reminded to refrain from bringing their own. For more info please refer to the Fun and Game rules board on poolside.

FAMILY ZONE

An area dedicated for families to splash around. All children must be accompanied by an adult. Further information can be found in the pool rules section.

ADVANCED SWIM GROUP

A coaching session for advanced swimmers to further improve their strokes. Please book at reception or via the Club Hub. Entry requirements: 20 lengths front crawl in 10 minutes or less, proficient breast stroke. Please book onto the Intermediate Group on Friday at 7pm for your assessment.

JR. SQUAD***

A pre-booked paid termly squad session. Contact info@pauldillonswimming.com to book.

AQUA AEROBICS

A non-impact exercise class in the water. Please book at reception or via the Club Hub.

GUEST PASSES

Members are welcome to bring a guest along with them to the club for a small fee: Adult (16+) £15, Teens (12-15yrs) £10 & Children (5-11yrs) £7.50

* Members will be allowed on poolside no earlier than 5 minutes before the booked session. Members must leave the swimming pool right at the end of the session booked and the swimming pool area no later than 10 minutes after the session has ended. This will allow the lifeguard to clean the pool surroundings and take a break from the pool area before the start of the following session.

Book at reception@ucsactive.org.uk or call 020 7433 2127.

Non Term Time: 6th July – 26th August

Monday – Friday: 6am-10pm

Weekends: 8am-8pm

Club Hours <https://ucsactive.org.uk/club-hours/>

BANK HOLIDAY OPENING HOURS

Mon– Fri: 8am – 8pm / Weekends: 8am-8pm

For hygiene reasons all members are required to shower before entering the pool.

Summer Holidays 6th -12th July 2026



SWIMMING POOL TIMETABLE

ucsactive.org.uk

UCS
Active

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
6AM-6.50AM	MEMBERS LANE	MEMBERS LANE	MEMBERS LANE	MEMBERS LANE	MEMBERS LANE				
7AM-8.50AM	MEMBERS LANE 8-8.50am	MEMBERS LANE 7-8.50am	MEMBERS LANE 7-8.50am	MEMBERS LANE 7-8.50am	MEMBERS LANE 7-8.50am	7.30AM-9AM	ADVANCED SWIM GROUP**	8.30AM- 9.20AM	MEMBERS LANE
9AM-9.50AM	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES From 8am	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES From 8am	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES From 8am	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES From 8am	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES From 8am	9.30AM- 10.20AM	MEMBERS LANE	9.30AM- 10.20AM	MEMBERS LANE
10AM-10.50AM	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES From 8am	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES	FAMILY SPLASH/MEMBERS LANE PD SWIMMING* INTENSIVE COURSES	FAMILY SPLASH/MEMBER LANE PD SWIMMING* INTENSIVE COURSES	FAMILY SPLASH/MEMBER LANE PD SWIMMING* INTENSIVE COURSES	10.30AM- 11.20AM	MEMBERS LANE/ FAMILY ZONE	10.30AM- 11.20AM	MEMBERS LANE/ FAMILY ZONE
11AM-11.50AM	FAMILY SPLASH/ PD SWIMMING* INTENSIVE COURSES	FAMILY SPLASH/ PD SWIMMING* INTENSIVE COURSES	FAMILY SPLASH/ PD SWIMMING* INTENSIVE COURSES	FAMILY SPLASH/ PD SWIMMING* INTENSIVE COURSES	FAMILY SPLASH/ PD SWIMMING* INTENSIVE COURSES	11.30AM- 12.20PM	MEMBERS LANE/ FAMILY ZONE	11.30AM- 12.20PM	MEMBERS LANE/ FAMILY ZONE
12PM-12.50PM	MEMBERS LANE/PD SWIMMING* INTENSIVE COURSES	MEMBERS LANE/PD SWIMMING* INTENSIVE COURSES	MEMBERS LANE/PD SWIMMING* INTENSIVE COURSES	MEMBERS LANE/PD SWIMMING* INTENSIVE COURSES /LIFEGUARD COURSE (ONE LANE)	MEMBERS LANE/PD SWIMMING* INTENSIVE COURSES/LIFEGUARD COURSE(ONE LANE)	12.30PM- 1.20PM	ADULTS LANE SWIM*** AQUA AEROBICS**	12.30PM-1.20PM	ADULTS ONLY LANE SWIM
1PM-1.50PM	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	1.30PM- 2.20PM	ADULTS ONLY LANE SWIM	1.30PM-2.45PM	ADULTS ONLY LANE SWIM
2PM-2.50PM	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	ADULTS LANE SWIM/LIFEGUARD COURSE (ONE LANE)	2.30PM- 3.20PM	FAMILY FUN & GAMES	2.30PM-3.20PM	FAMILY FUN & GAMES
3PM-3.50PM	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	3.30PM- 4.20PM	FAMILY FUN & GAMES	3.30PM-4.20PM	FAMILY FUN & GAMES
4PM – 4.50PM	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	4.30PM - 5.20PM	MEMBERS LANE/ FAMILY ZONE	4.30PM - 5.20PM	MEMBERS LANE/ FAMILY ZONE
5PM-5.50PM	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	FAMILY SPLASH MEMBERS LANE	5.30PM- 7.45PM	ADULTS ONLY LANE SWIM	5.30PM-7.45PM	ADULTS ONLY LANE SWIM
6PM-6.50PM	MEMBERS LANE RECREATIONAL/ FAMILY SPLASH	MEMBERS LANE RECREATIONAL/ FAMILY SPLASH	MEMBERS LANE	ADULTS LANE SWIM*** AQUA AEROBICS**	MEMBERS LANE RECREATIONAL/ FAMILY SPLASH	Please note, members will be allowed on poolside only at the start of the session. Members are more than welcome to wait in the gallery. *Paul Dillon Swimming Lessons Tel: 02088309939 Email: info@pauldillonswimming.com **Please book on the Club Hub or reception email receptio@ucsactive.org.uk or call 020 7433 2127 ***Adult lane swim, one lane, mixed swim abilities Members will be able to pre-book one session per day. If a space is available for the following session, another booking can be made on the day and members will still be asked to leave the pool to allow the lifeguard to have a regular break from poolside. ~Drop in sessions. £12 charge.			
7PM-7.50PM	ADULTS LANE SWIM	ADULTS LANE SWIM/Level 2 Beginners Swim~~	ADULTS LANE SWIM	ADVANCED SWIM GROUP**	ADULTS LANE SWIM/INTERMEDIATE SWIM**				
8PM-9.45PM	ADULT LANE SWIM	ADULTS LANE SWIM/Level 3 Intermediate Swim~~	ADULTS LANE SWIM	ADULTS LANE SWIM	ADULTS LANE SWIM				