

Swimming Lesson Factsheet

Golders Green

Your Site Manager: Danai Railas / danai@swimmingrocks.co.uk / 07795 968 325

Address: Curtis + Staub, 152-154 Golders Green Road, London, NW11 8HE

Transport: Closest Tube Station: Golders Green (Northern Line). 5 mins walk
Buses: 102, H2, 240, 83, 183, 210

P Parking
Parking: Paid parking available on Golders Green Road and some side roads have limited parking restrictions (eg Ravenscroft Road parking restriction 11am-12pm)

E Entry
Please use the MAIN GYM ENTRANCE which is located at the front of the building.

Calendar
Please visit SwimmingRocks.co.uk for term calendars

Pool Dimensions
Pool Dimensions: Length: 17m, Depth: 1.2m Swimming Rocks uses Pool Platform to create shallow area for younger levels.

Average Temperature
30 degrees

C.R Changing Rooms
Rooms: There is a dedicated open plan family changing room on the poolside with showers and one cubicle. As the changing rooms are small, we request that you do not enter these until 10minutes prior to your lesson time.

Meeting Point
Point: Please meet your Instructor on poolside at the end of the far lane. Overshoes must be worn at all times when on the poolside. Before the lesson, you must wait in the dedicated waiting area.

LV Lesson Viewing
Viewing: A bench is allocated at the far end of the lane for lesson viewing. You must remain on the premises so we can easily contact you in case of an emergency.

+ **What to Bring**
What to Bring: Goggles, swimsuit, towel.

Swimming Caps: A swimming cap is optional but recommended if the student has long hair. Swimming Rocks offer a complimentary silicone swimming cap upon request.

Babies MUST wear waterproof nappies and a happy nappy

📹 Taking Photos: Photos: To protect the privacy of other students and pool users, Swimming Rocks do not allow photo's or video's of the lessons.