

# Swimming Lesson Factsheet

## Knightsbridge

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**Your Site Manager:** Icaro Del Mar/ [knightsbridge@swimmingrocks.co.uk](mailto:knightsbridge@swimmingrocks.co.uk)/ 07833 089 721

**Address:** Aquilla Health Club, 11 Thurloe Place, London, SW7 2RD

**Transport:** Closest Tube Station: South Kensington (Circle and District and Piccadilly).

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- P** **Parking:** Paid parking bays available around Thurloe Square.
- ↑** **Entry:** Please inform reception that you have lessons with Swimming Rocks where you will be asked to sign in and then directed to the changing rooms.
- 📅** **Calendar:** Please visit [SwimmingRocks.co.uk](http://SwimmingRocks.co.uk) for term calendars.
- ↪** **Pool Dimensions:** Length: 15m, Depth: 1.5m  
Swimming Rocks uses Pool Platform to create shallow area for younger levels.
- 🌡️** **Average Temperature:** 32 degrees
- 👤** **Changing Rooms:** There is a dedicated children's changing room by the poolside. Please note, female accompanying adults are allowed in this changing area only. Accompanying male adults should use the male changing room. No students are allowed to use the female changing room.
- ❄️** **Meeting 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.
- L.V.** **Lesson Viewing:** You are able to watch the lessons on the poolside. Viewers are restricted to one person per student. The mezzanine area is only for the use of the beauty customers and not for swimming lesson viewing.  
  
No food or drink is allowed to be consumed on the poolside.
- +** **What to Bring:** Goggles, swimsuit, swim nappies if required. One towel is provided for your lesson and can be collected at reception.  
  
A swimming cap is optional but recommended if the student has long hair. Swimming Rocks offer a complimentary silicone swimming cap upon request.  
  
For Health and safety reasons, pushchairs must fold up and be left outside the club.
- 📹** **Taking Photos:** To protect the privacy of other students and pool users, Swimming Rocks do not allow photo's or video's of the lessons.