

Swimming Lesson Factsheet

Regents Park

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

Address: Francis Holland School Regents Park, Ivor Place, NW1 6XR

Transport: Closest Tube Station: Baker Street (Bakerloo, Jubilee, Metropolitan, Circle and Hammersmith and City lines).

- P Parking**
Paid parking bays available on neighbouring roads.
- E Entry**
Access is via side entrance on Park Road. Please ring the bell and a member of staff will collect and direct you through to the changing facilities on poolside.
- Calendar**
Please visit SwimmingRocks.co.uk for term calendars
- Pool Dimensions**
Length: 12.5m, Depth: Movable floor which is adjustable to 1.8m depth.
- Average Temperature**
28 degrees
- C.R Changing Rooms**
There are unisex, cubicled changing rooms by the poolside and another small changing room for males only.

Accompanying male adults should use the male changing room.

- Meeting Point**
Please meet your Instructor on poolside. Overshoes must be worn at all times when on the poolside.
- LV Lesson Viewing**
You are able to watch the lessons on the poolside where seating is provided.

No food or drink is allowed to be consumed on the poolside.
- + What to Bring**
Goggles, swimsuit and a towel. A swimming cap is optional but recommended if the student has long hair. Swimming Rocks offer a complimentary silicone swimming cap upon request and a thermal training rash vest if required. Showers are open plan on poolside for a rinse off. Please bring along whatever toiletries you wish to use.

For Health and safety reasons, no pushchairs are allowed in the venue.
- 📷 Taking Photos:**
To protect the privacy of other students and pool users, Swimming Rocks do not allow photos or videos of the lessons.