



Oaklands Pool

Activities brochure



Welcome

Oaklands Pool, located in the West of the City, is a centre of excellence for swimming. The venue is open to people of all abilities and fitness levels who want to improve their health and general wellbeing, whatever their age.

Whether you want to learn to swim, have fun with friends and family or even gain a lifeguard qualification, Oaklands Pool is the place to go!

The facilities include

- Swimming and learner pools
- Aqua fitness classes
- Kids' activities
- Swimming and lifeguard courses and qualifications

Customer Charter

Oaklands Pool is committed to providing the very best facilities and service to its customers. We have a Customer Charter outlining our objectives in ensuring high customer service. For further details of this commitment please refer to the customer notice board at reception, our website or ask a member of the Oaklands Pool team.

Lane swimming (adults only)

Keep fit and healthy. Enjoy uninterrupted lengths in our main pool. Lanes are graded for speed and ability.

Swimming lessons

Swimming lessons are taught in accordance with the ASA* National Plan for Teaching Swimming (NPTS) by our fully qualified ASA instructors. Lessons are available for babies, children and adults. Book yourself on one-to-one sessions or learn as part of a group.

*Amateur Swimming Association

Early Bird swimming (adults only)

A great way to wake up in the morning feeling refreshed! Early Bird swimming takes place Monday to Friday between 7.30am and 8.40am. Lanes are graded for speed and ability.

Ladies only swimming

Do you want a girly swim? We offer Ladies only sessions in our main pool.

Disabled swimming

Disabled swimming facilities are available to make the experience enjoyable for all users with pool hoists, lifts and disabled changing rooms and toilets. All carers swim for free (on production of relevant ID).

Later years swimming

50 + and looking to get active? Relax, improve your flexibility, build up strength and stamina in our main pool, then enjoy a coffee afterwards in our viewing area.

For more information on any of the above, please contact reception on 023 8074 1414.



Aqua fitness

Aqua fitness is not only a great way to get fit, it is also one of the safest. It keeps the heart and lungs healthy whilst toning the body and reducing fat.

Aqua Fit

Exercise in shallow water. This class is designed for people of all abilities and fitness levels. The programme includes jumping jacks, cross-country skiing motion as well as walking and running backwards and forwards. You can also exercise with special water devices which are used to aid floatation and resistance.

Deep water aerobics

This class is similar to Aqua Fit. It is a more advanced class held in the deep end of the pool. This is great for swimmers who want a slightly more challenging workout. You will be able to use water devices such as floatation belts to help you tone and strengthen your legs.



Fun sessions in the pool We offer a wide variety of fun activities in our main pool. All children are welcome!

Water Walkerz inflatable sessions

11-16 years

These exciting inflatable sessions are a fantastic way to get fit and have fun. It gives users the chance to get into a human hamster ball on water! Enjoy the challenge of running on water with games, races and competitions! Limited spaces are available. We operate on a first come first served basis.

Parent and baby sessions

3 months-3 year olds

Learn early water skills using pool toys. Play fun games and sing your favourite songs.

Swim Tots

3-4 year olds

Swim Tots are small classes of six where children are learning basic water skills and techniques through songs and games.

Go swim crash courses

from 4 years old (for beginners only)

Discover the thrill of swimming! Courses are programmed to coincide with the school holiday breaks.

Birthday parties

6-16 years

Exciting birthday parties are available on request. Choose between our Viking boat and the Sven's island inflatable with floats and balls! You can also jump into our giant hamster balls and see if you can run on water.

For full descriptions of kids' activities, details on times and prices and booking information, please contact reception on 023 8074 1414. You can also pick up a kids' activities brochure as well as a pricelist and timetable at the venue.

Visit www.southampton.gov.uk/kidsactivities



Courses and qualifications

Our fully qualified instructors are teaching a wide range of swimming and lifesaving courses.

National Pool Lifeguard Qualification (NPLQ)

NPLQ is a standard qualification needed to become a lifeguard in the United Kingdom and Ireland. Learn the principles of lifesaving skills in the water and on land as well as supervision and rescue techniques in a swimming pool. Applicants must be 16 years old prior to commencing the course.

Other ASA qualifications are available at Oaklands Pool. For more information please contact the Amateur Swimming Association on 0871 200 0928 or visit www.britishswimming.org

Some courses have a prerequisite (i.e. age restrictions or a previous level being obtained). For further information on dates and content of courses or to book a place, please contact reception on 023 8074 1414.

Sports clubs at Oaklands

There are a number of sports clubs that train at Oaklands Pool. Interested in joining one of them? For more information please visit the websites below:

Triathlon Club

www.southamptontriclub.co.uk

Lifesaving Club

www.lifesaving.com

Eastleigh and Oaklands

www.eastleigh-oaklands.com

Hamble Swim club

www.hambleaquatics.co.uk

Discount schemes

Corporate discount scheme

Is your company part of our discount scheme? Pay a yearly fee of only £15 and enjoy up to a 50% discount every time you swim! We offer this discounted rate for companies with 10 or more staff wishing to join our Corporate Discount Scheme. This is great way of getting the whole office healthy and active!

Student discount scheme

Our Student Discount Scheme allows you to keep both health and finance in check. Like the Corporate Discount Scheme, just pay a yearly fee of only £15 and enjoy up to a 50% discount every time you swim!



active
Southampton

Are you doing your 30 minutes of exercise a day?

Active Southampton gives you all the latest news on sporting initiatives available in the city. For further information on Active Southampton call 023 8083 3319 or email info@activesouthampton.co.uk

www.activesouthampton.co.uk



Oaklands Pool
Fairisle Road, Lordshill, Southampton, SO16 8BY

Tel: 023 8074 1414
Fax: 023 8073 4328
Email: oaklands.lc@southampton.gov.uk
www.southampton.gov.uk/oaklands

Venue opening times

Monday – Thursday	7.30am – 9pm
Friday	7.30am – 6pm
Saturday and Sunday	Closed
Off peak hours:	
Monday – Friday (last ticket sold 3.15pm)	9am – 4pm
Bank holiday	Closed

Please check times for specific activities with reception as programming and pricing may be subject to change. Various events are held during the year, which can affect programming.

Admission policy

Children under 8 years must be accompanied in the water by a responsible person over 16 years.

*The use of any camera is strictly prohibited at Oaklands Pool unless you have written authorisation from the General Manager.

*Institute of Sport and Recreation Policy guidelines.

Other city council sporting venues

Bitterne Leisure Centre	Tel: 023 8043 7647
Chamberlayne Leisure Centre	Tel: 023 8043 7668
The Quays “Eddie Read” Swimming & Diving Complex	Tel: 023 8072 0900
The Outdoor Sports Centre	Tel: 023 8079 0693
Southampton Municipal Golf Course	Tel: 023 8076 0546
St Marys Leisure Centre	Tel: 023 8022 7579
Southampton Water Activities Centre (SWAC)	Tel: 023 8091 5753
Woodmill Outdoor Activities Centre	Tel: 023 8091 5746

This written information is available on request in other formats or languages. Please contact 023 8078 0726 for help.

www.southampton.gov.uk/oaklands



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