

# Swimming Lesson Factsheet

## Chelsea Harbour

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**Your Site Manager:** Icaro Del Mar / [icaro@swimmingrocks.co.uk](mailto:icaro@swimmingrocks.co.uk) / 07564 156 092

**Address:** Blue Harbour Health Club and Spa, The Chelsea Harbour Hotel, London, SW10 0XG

**Transport:** Closest Rail Station: Imperial Wharf

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**P Parking**  
Use the "Harbour Yard" NCP car park. Follow the exit opposite parking bay 855 which will lead you onto the harbour. The Spa entrance is the next door on your left.

**E Entry**  
The Spa has its own entry on the harbour. Please sign in at reception and you will be directed to the changing rooms leading onto poolside. Please allow some extra time to familiarise yourself with the layout.

**31 Calendar**  
Please visit [SwimmingRocks.co.uk](http://SwimmingRocks.co.uk) for term calendars

**↻ Pool Dimensions**  
Length: 17m, Depth: 1.5m. Swimming Rocks uses Pool Platform to create shallow area for younger levels

**🌡 Average Temperature**  
30 degrees

**C.R Changing Rooms**  
There are male and female changing rooms with keyed lockers (you will receive a key at reception).

There is a dedicated family changing room for families with under 3's where all nappy changing must take place

**✖ Meeting Point**  
Please meet your Instructor on poolside. 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 where seating is provided. This is limited to one adult per student. No food or drink is allowed to be consumed on the poolside.

**+ What to Bring**  
Goggles, swimsuit. Reception will provide a towel. If you would like another towel there is a charge of £2. A swimming cap is optional but recommended if the student has long hair.

Swimming Rocks offer a complimentary silicone swimming cap upon request.

**Under 3's MUST wear waterproof nappies and a happy nappy.**

**📷 Taking Photos:**  
To protect the privacy of other students and pool users, Swimming Rocks do not allow photos or videos of the lessons.