

Leisure Guide

Meridian Leisure Centre



Don't forget to pick up your programme!

**East Lindsey**
DISTRICT COUNCIL

Welcome!

Welcome To The Meridian Leisure Centre

Meridian Leisure Centre is East Lindsey District Council's flagship leisure centre and is the culmination of £12m of investment into the future health of the people in the district and wider community.

We aim to provide a wide range of activities for the whole family from swimming lessons to children's parties; fitness classes to sports coaching.

We have programmes available for the main pool, leisure pool and fitness classes. Information for children's parties, Learn To Swim Scheme & NPLQ Lifeguard courses will available shortly.



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INVESTOR IN PEOPLE

What do we offer?



Swimming Pool and Leisure Pool



Health Suite



Sports Hall and Multi-purpose Room



Disabled access



Fitness suite



Refreshments



Dance Studio



Child Care Facility

Opening times

Monday – Friday

7am – 10pm

Saturday & Sunday

8am – 7pm





Will all swimming pool users please note and adhere to the following Safe Swimming Policy.

- The staff may, at their sole discretion, refuse admission if they believe that the safety of swimming pool users is compromised.
 - Children may at times be asked to demonstrate their swimming competency.
 - All non-swimming children should wear approved buoyancy aids and should remain within the designated non-swimmers area.
 - All swimming pool users should listen to the advice of the lifeguards on duty.
- Children under 8 years old:**
- Children of this age must be supervised at all times in the pool water by a responsible adult (16 yrs +), at a ratio of one adult to two children (1:2).
 - If one or more of the children holds the ASA Pool Swimming Standard Award, the maximum child supervision ratio can be increased to 1 responsible adult to three children under the age of eight years (1:3).
 - All children under 8 years old must be accompanied by an adult at all times within the complex.

Please note:

- An adult is a responsible person aged 16 years and over.



Swimming

Main Pool

25m, eight lane competition swimming pool with moveable floor. Suitable for galas, charity events and children's parties. Spectator provision for 250 accessible at first floor level. Unisex changing village supports the Main Pool.

Leisure Pool

Free form leisure pool with feature galleon and flume. Pool and galleon suitable for under 8 year olds. Unisex changing village with family changing cubicles supports the leisure pool.





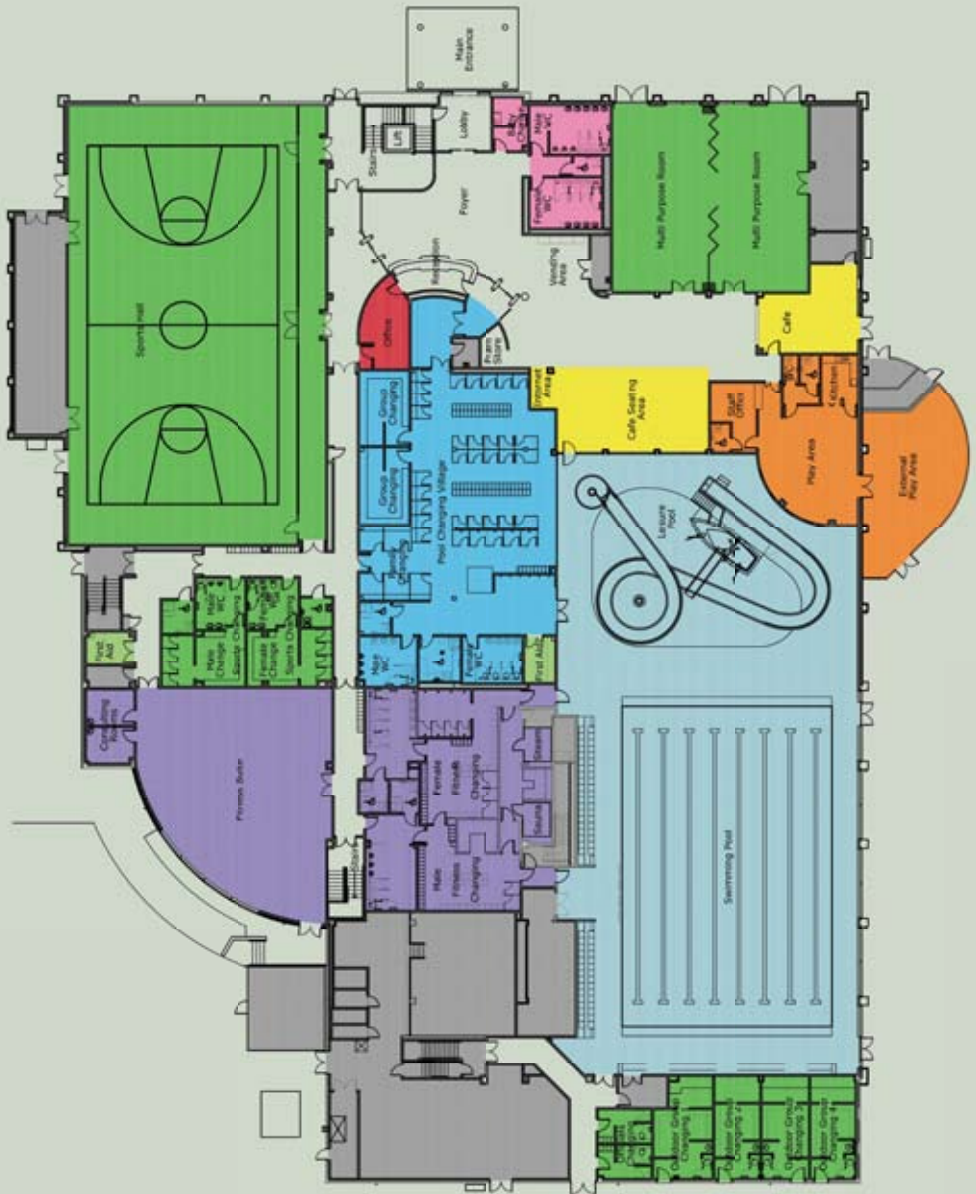
Sports Hall

Four badminton court sports hall with markings for basketball, hockey, netball, tennis, volleyball and indoor football as well as four bay cricket nets. Sprung wood Junckers floor. Suitable for competitions up to county standard. Sports changing with associated lockers supports the Sports Hall and Multi Purpose Room

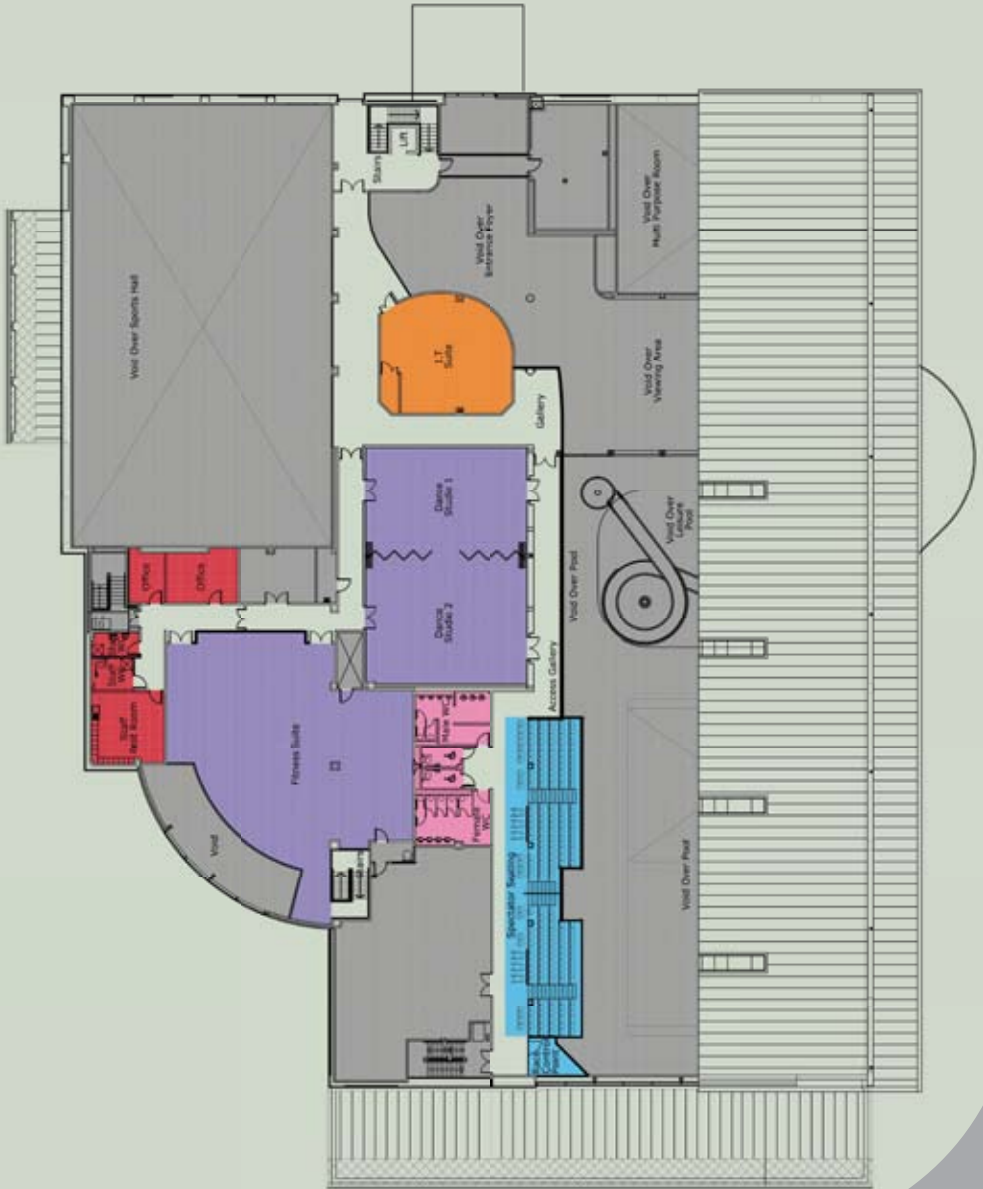
Multi Purpose Room

15m x 15m with sprung wood Junckers floor. Suitable for martial arts classes, seminars, training sessions, small children's parties & small social functions. Can be split in two. Air conditioned.

Ground Floor Plan



First Floor Plan





Fitness Suite

Fitness Suite

80 station, air conditioned, fully staffed fitness suite spread out over two floors. IFI accredited equipment located on ground floor for easy access. Life Fitness Equipment with Fitnlinxx software that stores your exercise programme. Instructor led fitness class programme linked to fitness suite. Male and female changing rooms support the Fitness Suite and Health Suite.





Health Suite

10 person Sauna and 10 person Steam Room with cold showers to invigorate you. Accessible from the male or female fitness changing.

Dance Studio

18m x 13m with sprung wood Junckers floor. Suitable for fitness classes and dance classes. Mirrors fitted to one end wall. Air conditioned.

Child Care Facility

Run by Town & Country Kiddies with places for full day care and sessional care providing essential learning outcomes for all.

