

Swim	Raquets	Gym	Monday 20 December - Tuesday 4 January
●	●	●	6th Form Students
●	●	—	Pupils Y7 to Y11
●	●	●	Pupils invited by Sevenoaks Strength & Conditioning Coach
●	●	●	Sennockian University Leavers Yrs 2018 - 2021
●	●	●	Staff (see restrictions below)
●	●	—	Staff restrictions - Prolonged absence from exercise or new medical condition
●	●	—	Accompanying Guests

Sennocke Centre Holiday Programme - ESSENTIAL INFORMATION

Q. Do I have to pre book?

A. No pre booking is available during this holiday programme, we will be working on a first come first served basis.

Q. Can I bring a guest?

A. We welcome everyone to bring a guest (s) to any recreational activity (swimming, courts and pitches). We regret no access to the gym for accompanying guests.

Q. It's been a long time since I have done any physical activity/ have an existing injury.

A. We always want to support you back to exercise, but on this occasion, for your safety we are not able to support your access to the gym.

Q. My partner was a member before the club was suspended, can they come back without me to use the facilities as they did previously?

A. We are looking forward to welcoming associates back at a future date, but on this occasion, for the welfare of yourself and others, we have needed to make a judgement call on how to limit attendance. Please refer to guest access at this time.

Q. I have some concerns about transmission rates, what arrangements are in place to mitigate risks of cross contamination?

A. Regardless of your vaccination status, everyone is asked to stay away from campus if they or any household member is experiencing any symptoms as described on the Gov.uk/Covid website. Whilst we don't ask you to take a Lateral Flow Test before each visit, we would encourage it.

When you arrive, please wear a mask as you enter the building and throughout general circulation areas unless you are medically exempt. Masks are not worn whilst you are partaking in physical activity.

On this occasion we would encourage only those who are taking part in an activity to attend.

Whilst we maintain good ventilation and air flow, we encourage you to attend 'activity ready' in order to reduce the amount of people and time spent in changing rooms. Toilets are fully available. Showers are fully available for use before and after swimming sessions.

We have increased the frequency of cleaning common touch points, but we kindly to ask you to use the cleaning materials provided in your activity area for any equipment you have touched during your

Monday 20 December until Tuesday 4 January

Holiday Closures: Dec 24, 25, 26 & 31 & Jan 1, 2

Week 1	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd
Fitness Suite	0900 - 1600	0900 - 1600	0900 - 1600	0900 - 1600
Indoor Courts	0900 - 1600	0900 - 1600	0900 - 1600	0900 - 1600
Dukes Meadow	0900 - 1500	0900 - 1500	0900 - 1500	0900 - 1500
Swimming			1430 - 1600	1430 - 1600
Week 2	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th
Fitness Suite	0900 - 1600	0900 - 1600	0900 - 1600	0900 - 1600
Indoor Courts	0900 - 1600	0900 - 1600	0900 - 1600	0900 - 1600
Dukes Meadow	0900 - 1500	0900 - 1500	0900 - 1500	0900 - 1500
Swimming			1430 - 1600	1430 - 1600
Week 3	Monday 3rd	Tuesday 4th		
Fitness Suite	0900 - 1600	0900 - 1600		
Indoor Courts	0900 - 1600	0900 - 1600		
Dukes Meadow	0900 - 1500	0900 - 1500		