

Factsheet:

Hounslow - Golds Gym

Continental Hotel
29 – 31 Lampton Road
Middlesex, TW3 1JA

FACILITIES

Main Pool: 22m x 8m
Average Temperature: 30°C
Depth 1.2m – 1.5m

CHANGING ROOMS

Male and Female changing rooms located on the ground floor. Lockers are provided but must be secured with a padlock. If you do not have one, these can be purchased at reception for £5.00. Towels can be hired at reception at a cost of £1.00

ENTRANCE TO THE BUILDING

The entrance to the building is on London Street. The club is located downstairs.

VIEWING POINT

There is no viewing space on the poolside however there is a large glass window from which you can watch the lessons. You may also be seated in the reception area for the lesson duration.

TRANSPORT

Car: The venue is easily accessible by car not far from the A4 and there is paid parking behind the hotel. Please note the hotel car park is for patrons of the hotel only.
Tube: The closest tube station is Hounslow central

OTHER INFORMATION

Please bring your booking confirmation to every lesson so that reception staff can allow you entry. Swimming hats must be worn in the pool at all times. These can be bought from Swimming Nature at a cost of £6.50 Please note that owing to limited space in the club, we request that you leave your pushchair at home. If you need to bring one with you, please ensure it is foldable and keep in the designated area within the club. Please complete the club health declaration before your first lesson. Don't forget to ask the sales team about the special discounts off memberships available to Swimming Nature customers.



CALL **08700 94 95 97** OR VISIT
www.swimmingnature.co.uk



**SWIMMING
NATURE**

Learn To Swim Effortlessly