

CITY COUNCIL OF PORT LOUIS

Welfare Department

Rules and Regulations concerning the Swimming Course run by the City Council of Port Louis

1. The course is open to residents of Port Louis.
2. Swimmers having skin problems will not be given access to the pool.
3. Swimming suits, and other swimming gowns made of “Lycra”, caps and taking a shower before entering the pool are compulsory to all swimmers.
4. It is strictly forbidden:
 - a) to spit inside the pool
 - b) to run/play around the pool
 - c) to use sun-bathing creams
 - d) to urinate/defecate in the pool
5. Swimmers must strictly follow instructions from coaches/life savers and may be dismissed from the course for showing no keen interest or unsatisfactory progress and misbehaviour.
6. Swimmers are expected to attend sessions regularly. Those absent for three consecutive sessions will have their names struck out without any claim.
7. No fees will be reimbursed if the swimmers for one reason or another decide not to follow the course.
8. The Municipality of Port Louis will not be held responsible for any accident and loss of any objects that may occur and for any injury that may sustain.
9. Seats will be allocated on the basis of first come first serve.
10. The Municipality reserves itself the right of making any amendments to these rules and regulations.

Training Sessions will be as follows:

FEMALE GROUP	MALE GROUP	
Monday or Tuesday or Wednesday	Thursday or Friday	Saturday Sessions
9 - 14 years - 3.30 p.m. to 4.00 p.m.	9 - 14 years - 3.30 p.m. to 4.30 p.m.	9 - 14 years - 10 a.m. to 11 a.m. - 11.15 a.m. to 12.15 p.m.
15 years (up) - 4.45 p.m. to 5.45 p.m. - 6.00 p.m. to 7.00 p.m.	15 years (up) - 4.45 p.m. to 5.45 p.m. - 6.00 p.m. to 7.00 p.m.	15 years (up) - 1.45 p.m. to 5.45 p.m. - 2.30 p.m. to 3.30 p.m. - 3.45 p.m. to 4.45 p.m. - 5.00 p.m. to 6.00 p.m.
<i>Morning Sessions</i> 15 years (up) - 10 a.m. to 11 p.m. - 11.15 a.m. to 12.15 p.m. - 1 p.m. to 2 p.m. - 2.15 p.m. to 3.15 p.m.		