

As Published on 16/05/24



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General pool rules, etiquette and safety to follow

1. Shower before entering the pool, do not use creams or lotions before entering the pool.
2. Wear swimming attire, not regular clothes. (refer image of approved swim wear)
3. The Pool will remain closed on Monday's for weekly maintenance. The right to close the pool apart from official holidays is reserved by the management with or without prior notice
4. Running, Pushing & playing around the pool is strictly prohibited.
5. Adults should not engage in roughhousing in or around the pool.
6. No children under age 14 should be left unaccompanied while they're inside the pool.
7. Swimming cap is a must to enter the swimming pool
8. All sessions are of 50 mins duration and kindly make way for next batches by emptying your locker
9. Late comers are not entertained and No extra time will be provided
10. Spitting, spouting water from nose and mouth is against the rules.
11. People with open cuts, wounds, bandages, injuries, cold, cough, fever, skin disease, venereal diseases and upset stomach are not allowed to swim.
12. Pool interior, premises and patio should not be littered with food wrappers or other trash.
13. Safety equipment and pool appurtenances should not be played or tampered with.
14. Inexperienced swimmers are not allowed to use the diving board (without the instructor).
15. Toddlers must be made to wear swim-proof diapers.
16. Animals and pets are not permitted inside the pool.
17. Glass bottles are not allowed inside the pool. Do not enter the pool if you're inebriated.
18. Swimmers using the swimming pool do so at their own risk. The management will not be responsible for any injury or accident. No claim for compensation will be entertained in case of a mishap.
19. Any one violating the above rules or any misbehavior with the management will be asked to leave the pool premises without any refund.
20. Please use water judiciously in washrooms and shower rooms

Membership Rules & Guidelines

1. A subscribed member can only attend 1 hour class/session per day in the respective batch timings. No additional sessions will be provided apart from batch timings subscribed for. To avail extra sessions, you can 'Pay per session' according to the Public batch rate card.
2. Please read the program level breakdown carefully before selecting the batch level.
3. Based on the batch level chosen by members during registration, if the swimmer does not qualify for the particular batch chosen, the management has a right to make changes and allocate the swimmer to the right batch and timing.
4. Kindly report according to the batch schedule and the Class breakdown is as follows:
 - 10 Mins warm up + 45 Mins Pool time + 5 Mins Cool down
5. Once the membership has started no refund will be issued, however with prior notice member can:
 - a. Avail the remaining tenure within a duration of 6 months from withdrawal date if you choose to stop membership and inform within the first 2 sessions of batch start. Shall accommodate the member based on slot availability for rejoining
 - b. Transfer the membership to family/friend and avail the remaining tenure of the membership based on slot availability at an additional fee of Rs 500/-
6. If you have missed coaching classes, a Max. of 2 compensatory classes per month will be provided in the following manner:
 - 2 compensatory classes during the coaching hours (based on prior info & slot availability)
7. The Compensatory classes are to be availed within 40 days of membership start and there isn't an option of carrying forward of compensatory classes
8. In order to avail your compensatory classes, kindly inform us at the reception only to confirm the slot availability for your compensatory class, both for coaching hours and public swim hours
9. Walking in directly without slot confirmation will not be allowed as it can lead to overcrowding of batches
10. Once a compensation class is booked, rescheduling is allowed upto 12 hours before your class, otherwise the session will be counted as that slot was booked for you.
11. We will ensure minimum 8 sessions are covered for weekend batches & 16 sessions covered for weekday batches
12. For sessions when coaching does not happen due to scooled calendar, no compensation will be provided as these are holidays for coaches as well as members
13. Parents are advised to not to enter pool area during coaching hours
14. New batches start at Month's beginning and no admissions are given once batches have started
15. Lap swim membership is applicable only for utilizing the pool premises and coaching services is not a part of this
16. There are limited hourly slots for lap swim memberships. Members must pick a time slot during registration and swim only during those hours
17. There are no compensatory sessions provided for lap swim and memberships are valid for 30 days in case of monthly subscription and 90 days in case of quarterly
18. For sessions when pool is closed due to public holidays, no compensation is provided
19. Swimmers other than registered lap swim members are not allowed to swim during these hours.
20. Do not switch lanes or disturb other swimmers/ coaching batches while swimming
21. There are limited slots for public batches and slots are provided based on first come first serve basis

Pool Schedule



**RASHTROTTHANA
AQUATIC
CENTRE**

Programs curated & trained by international swimmers and experts

Powered by SCOOLED

OPEN HOURS:
Weekdays: 6 am - 10 pm
Weekends: 6 am - 7:30 pm
Maintenance: 2:30 pm - 3:30 pm
Monday - HOLIDAY

Contact: 9513076178 / 7975344715
www.rashtrrothana.org |
www.scooled.in

Pool Location:
Rashtrrothana Arogya Sankeerna
Kundalahalli, 6th Main, E block
AECS Layout, Bengaluru- 560 037

Pool Schedule	WEEKDAY BATCH				WEEKEND BATCH	
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
7-8 AM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching	Public Swim	Public Swim
8-9 AM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching	Kids (7-15 yrs) Coaching	Kids (7-15 yrs) Coaching
9-10 AM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Kids (7-15 yrs) Coaching	Kids (7-15 yrs) Coaching
10-11 AM	Public Swim	Public Swim	Public Swim	Public Swim	Adults Coaching	Adults Coaching
11-12 PM	Ladies Coaching	Ladies Coaching	Ladies Coaching	Ladies Coaching	Ladies Coaching	Ladies Coaching
12-1 PM	Public Swim	Public Swim	Public Swim	Public Swim	Toddlers Coaching (12-12:45 PM)	Toddlers Coaching (12-12:45 PM)
1-2 PM	MAINTENANCE				Public Swim	Public Swim
3:30-4:30 PM	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching	Kids U-6 Coaching
4:30-5:30 PM	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching	Kids (6-10yrs) Coaching 4:30-5:30 PM	Kids (6-10yrs) Coaching 4:30-5:30 PM
5:15-6:15 PM	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching (L1/L2)	Kids (11-15yrs) Coaching 5:30-6:30 PM	Kids (11-15yrs) Coaching 5:30-6:30 PM
6-7 PM	Kids (7-15yrs) Coaching L3	Kids (7-15yrs) Coaching L3	Kids (7-15yrs) Coaching L3	Kids (7-15yrs) Coaching L3	Public Swim (6:30-7:30 PM)	Public Swim (6:30-7:30 PM)
7-8 PM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching		
8-9 PM	Adults Coaching	Adults Coaching	Adults Coaching	Adults Coaching		
9-10 PM	Public Swim	Public Swim	Public Swim	Public Swim		

Pricing



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AECS Layout, Bengaluru- 560 037

SWIMMING MEMBERSHIPS			
CATEGORY	SCHEDULE	MONTHLY	QUARTERLY
Registration Fee	One time Mandatory	₹500	
Coaching - Toddlers (< 3.5 yrs)	Weekend (8 Classes)	₹5500	₹14800
Coaching - Kids (4 - 6 yrs)	Weekday (16 Classes)	₹6000	₹16500
	Weekend (8 Classes)	₹4200	₹11500
Coaching- Kids 6 -15 yrs	Weekday (16 Classes)	₹5500	₹14800
	Weekend (8 Classes)	₹3800	₹10500
Coaching- Adults	Weekday (16 Classes)	₹5800	₹15800
	Weekend (8 Classes)	₹3800	₹10500
Swim Membership (Lap Swim hour)	Weekday (16 Sessions)	₹3000	₹8000
	Weekend (8 Sessions)	₹2000	₹5000
	All Days (24 Sessions)	₹4000	₹11000
Pay/Hour (Public Swim)	Weekday	₹250	
	Weekend	₹350	

NOTE:

Weekday classes- Tue to Fri (16 classes/ Month)

Weekend classes- Sat & Sun (8 classes/ Month)

Management reserves the right to make changes with Rules & Guidelines with or without prior notice to the members



List of Holidays where the pool will not be functional for the year 2024

RAC Holiday List			
Month	Date	Day	Holiday
January	1/26/2024	Fri	Republic Day
March	3/8/2024	Fri	Sivaratri
August	8/15/2024	Thu	Independence day
August	8/26/2024	Mon	Janmashtami
September	9/7/2024	Sat	Ganesh Chaturthi
October	10/2/2024	Wed	Gandhi jayanthi
October	10/12/2024	Sat	Dussehra
October	10/31/2024	Thu	Deepavali
November	11/1/2024	Fri	Kannada Rajyotsava
December	12/25/2024	Wed	Christmas