Personal training. Fitness for all!
Our fitness consultants will boost your motivation and provide you with an up to date exercise routine in our top health suite.

One to One Personal Training Service - Professional fitness suite.

Injury Rehabilitation - With the guidance of a medical professional we work with you to devise structured exercises and motivational goals specific to you as an individual, in and out of the gym environment.

Sports Specific Training - Training for a specific sport?
Need to boost strength, stamina and flexibility? Our gym instructors can devise a structured programme around your training to help you excel at your sport.

Hair & Beauty at the Oasis
The expert stylists and beauty therapists from EHS will tend to your every need. There are a range of treatments for both men and women that have been created to relieve the stress and strain of everyday life, to give you a boost and add a little sparkle. You can book your treatments on 01243 606505 and take your appointment at either the Oasis or with EHS at their Green Lawns location where you will also find the Man Cave with their specialist male grooming treatments. Our Sun beds are situated at the EHS Salon at Green Lawns Holiday Park.

General Information, Safety and Hygiene

✓ 1 adult (over 16) may supervise 1 child under 1 year old
✓ 1 adult (over 16) may supervise 2 children between 1 - 8 years old. 1 adult (over 16) may supervise 3/4 children between the ages of 8 - 11 years old.
✓ Under 12’s must be supervised into the pools.

✓ Supervising adults must be on poolside in swimwear.
(The above ratios may be amended slightly by the Oasis Management depending on the current bather load and poolside supervision.)

✓ Lockers - 20p non-returnable
✓ FREE Hair dryers
✓ Family & disabled changing areas available
✓ Disabled hoist is available by arrangement
✓ FREE parking including disabled bays *
✓ CaféMax and spectator area - Light refreshments available from CaféMax and Oasis Reception
✓ All our Lifeguards are RLSS NPLQ qualified
✓ No photographic equipment is permitted
✓ No towels or personal belongings, no outdoor clothing or footwear is allowed to be worn poolside.
✓ Passes must be shown for free entry to pools
✓ Please do not wear jewellery in the swimming pools
✓ Please be aware that commercial vehicles are not allowed on park; please see reception staff for further information. In peak seasons parking may be limited.

Directions
Upon arrival at Selsey, continue through the High Street and turn right in to West Street, then turn right at the T-junction. Follow the road for half a mile to the Windmill and then continue to follow signs to the Oasis. See you here!

*Courses will be run at set times and they may change at the discretion of the management. Charges may apply for special events, lessons and facilities outside of certain membership packages - please ask for details.

Call the Oasis today: 01243 608446
The Oasis Leisure Pools and Healthsuite Complex
Bunn Leisure, West Sands Holiday Park, Selsey, PO20 9BH
Email: theoasis@bunnleisure.co.uk   www.bunnleisure.co.uk

Great value memberships and daily rates for families and individuals

Call the Oasis today on 01243 608446
Welcome to the Oasis at Bunn Leisure. One of the most comprehensive leisure, health and fitness experiences available anywhere on the south coast, and it’s right here, on your doorstep, in Selsey.

There’s a fantastic choice of activities that can all be accessed through a selection of membership packages or on a daily ‘pay and play’ basis.

**Opening Times**

<table>
<thead>
<tr>
<th>7th Jan - 28th Feb</th>
<th>1st Mar - 7th Jan</th>
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<tbody>
<tr>
<td>Competition Pool &amp; Gym</td>
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<tr>
<td>Mon 7am - 8pm</td>
<td>Mon 7am - 8pm</td>
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<td>Tues 7am - 9pm</td>
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<tr>
<td>Sun 7am - 7pm</td>
<td>Sun 7am - 7pm</td>
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<tr>
<td>Over 18’s only, Mon-Fri last hour in the competition pool</td>
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<tr>
<td>Leisure Pool</td>
<td>Leisure Pool</td>
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<tr>
<td>Mon 3pm - 7pm</td>
<td>Mon 10am - 6pm</td>
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<tr>
<td>Tues 3pm - 7pm</td>
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<tr>
<td>Sun 10am - 6pm</td>
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<tr>
<td>Last entry to the pools is 15 mins before closing</td>
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<tr>
<td>Aqua Aerobics</td>
<td>Aqua Aerobics</td>
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<tr>
<td>Mon 9.00am - 9.45am</td>
<td>Mon 9.00am - 9.45am</td>
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<tr>
<td>Wed 9.00am - 9.45am</td>
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<tr>
<td>Fri 9.00am - 9.45am</td>
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<tr>
<td>*Aqua Days and times are subject to change, please call Oasis Reception for confirmation.</td>
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<tr>
<td>Member £2.50</td>
<td>Member £2.50</td>
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<tr>
<td>Non-member £4.50</td>
<td>Non-member £4.50</td>
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**Monthly Membership Prices**

- Full Family £70
- Pool Family £50
- Full Member £40
- Gym Member £30
- Gym Couple £50
- Pool Member £30
- Senior Member (Over 60’s) £25
- Off-Peak Full (between 9am & 5pm everyday) £30
- Off-Peak Gym (between 9am & 5pm Mon-Fri) £23
- Off-Peak Pool (between 9am & 5pm Mon-Fri) £23
- Administration Fee £50
- Senior Administration Fee £25
- Gym key deposit £10

(All Oasis members receive free locker tokens)

**Non-Members**

- Adult swim session £4
- Under 16’s & OAP’s £3.50
- Under 4’s FREE
- Daily Gym & Pool - Off-Peak £5.50 FREE
- Daily Gym - Off-Peak £6.50 Peak £6
- Locker Tokens 20p
- Full Induction £15
- Fast Track Induction £10

**Sunbed Prices**

- 3 minutes £3.00
- 6 minutes £6.00
- 9 minutes £9.00
- 12 minutes £12.00
- Course of 51 mins £40

Sunbeds are based at EHS Hair & Beauty on Green Lawns Caravan Park (All users must be 18 years and over)

**Learn to Swim at The Oasis**

The Oasis provides a selection of varied swimming lesson programmes* for all abilities, young and old. Children love learning to swim in our fun and safe environment with our fully qualified and experienced teachers.

- Our very popular after school lessons provide 30 minutes of tuition, once a week
- Adult swimming lessons. It’s never too late to learn!
- Learn fast, intensive ‘crash’ courses during the school holidays
- WaterBabies - lessons for children from 1 to 18 months
- Group lessons and one-to-one lessons

**Splash Babies**

Splash Babies is a creative way for parents to participate in their child’s introduction to water. The session makes the most of your child's natural swimming abilities in a safe environment with our highly trained instructors. It’s a fantastic, interactive way to teach your child to swim.

For further information on any of the swimming lessons you can either collect a ‘Learn to Swim’ pack from The Oasis or call us today for more information.

**Aqua Aerobics**

The Oasis runs four aqua classes a week. Aqua Aerobics is great, non-impact exercise with music in the pool (good for the joints!). Our classes consist of cardiovascular, resistance exercises and stretching. Non-swimmers are welcome, join in the fun!

**Come on, dive in today.** There’s great fun and fitness for all the family. We’re just past the Windmill at West Sands