

<p><b>ASHWELL TREE SERVICES</b></p>  <p>Professional, fully qualified arborist covering all aspects of tree surgery and hedge cutting. Seasoned, hardwood logs for sale. Contact on: <b>07947 256057</b> or email: <a href="mailto:joe@ashwelltreeservices.co.uk">joe@ashwelltreeservices.co.uk</a> Free, no obligation quote.</p>	 <p>Agricultural Buying &amp; Selling Your Home Business Criminal Defence &amp; Motoring Debt Recovery Dispute Resolution</p>	<p><b>Quality, Affordable, Professional Legal Advice</b></p> <p><b>Call 01823 446200</b></p> <p>Employment &amp; HR Family Personal Injury Probate &amp; Estate Administration Wills Bridgwater   Bridport   Dorchester   Taunton   Yeovil <a href="http://www.pardoes.co.uk">www.pardoes.co.uk</a></p>
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## QUANTOCK LODGE LEISURE Ltd.

### Swimming Pool

The indoor swimming pool is a rectangular tank of 10 by 20 metres. The shallow end is 1m and the pool slopes gently to a 2m deep end. There is seating for spectators along one side and fabulous views along the other two.

We have two changing rooms with a cubicle in the women's for the more modest! There are communal showers just off poolside and private showers in both changing rooms.

We have three main swimming sessions **Adult swimming sessions - daytime, lane swimming - evening** and **Family swimming sessions**.

#### ADULT SWIMMING SESSIONS - DAYTIME

The morning sessions tend to have fewer swimmers who are in competitive training, but we do tend to keep the faster swimmers towards the window side of the pool. Everyone finds their own line and swims up and down happily. Lots of people use the **jogging belts** in these sessions and chatting tends to take place in the shallow end.

#### LANE SWIMMING SESSIONS – EVENINGS

Both evening sessions have lanes with opportunities for all swimmers—from those who want to chat and swim and those who come to train.

Generally people swim for about 30 - 40 minutes, so there is usually plenty of space in all of the lanes as swimmers tend to stagger their entry throughout the session.

#### FAMILY SWIMMING SESSIONS

During a Family Swim session, the pool is divided into a general splashing, playing and messing about in water space and a wide lane for the more serious swimmers who are swimming lengths.

There is diving at the deep end and you are all welcome to use the back floats and toys from the box on poolside next to the Lifeguards. We ask all carers to ensure that their children are under their control at all times

For all enquiries, please contact Duncan Peaster on 01278 733750

## Play Bowls!

Bridgwater Bowling Club is just a few minutes away on Durleigh Road. You are very welcome to try the game and our excellent facilities.

- *Friendly and open to all*
- *Free tuition*
- *Free trial membership*
- *High quality outdoor and indoor greens*
- *Bar and social area*
- *And sponsored by Watermans!*

Find out more: Phone Tony on **457212** or the club **452920**. Visit [bridgwaterbowlingclub.co.uk](http://bridgwaterbowlingclub.co.uk) or call in for a drink, a chat and watch a match