



The HERB HOUSE at Lime Wood
Beaulieu Rd, Lyndhurst, Hampshire SO43 7FZ England
Membership 023 8028 7184 Reservations 023 8028 6999
Email membership@herbhousespa.co.uk or reservations@herbhousespa.co.uk
Web www.limewoodhotel.co.uk/spa

Members Little Nippers Policy

As members of The Herb House, your children under 18 years old are welcome to swim in The Herb House Lap Pool during these hours only at no extra charge.

Our standard Little Nippers sessions run as half hour bookable slots at the following times:

Monday to Sunday from 8.30am – 10.00am
Friday, Saturday, Sunday, and Bank Holidays from 4.00pm – 5.00pm
Saturday and Sundays from 10.00am – 10.30am

In addition, we are running a 30-minute teenage swimming session for 12–18-year old's on Saturdays, Sundays and Bank Holidays from 5.00pm-5.30pm.

Please note, during some school holidays, these session times may change, so, during these times, please check Little Nippers timings on the MyWellness app and look out for changes announced in the Members newsletter.

Pre-booking is required.

- All children must be pre-registered by you in advance of using the facilities. Please ask reception for a Little Nippers Registration Form if you would like to bring your children to swim.
- To book a family session, you need to do so on the MyWellness app.
- The maximum family group size for standard Little Nippers booking is limited for up to 4 people, with a minimum of one adult per group in the pool at all times. For teenage swimming, each booking is for a maximum of 2 people. Teenagers are welcome to swim on their own in the pool, provided that the parent/guardian supervises them throughout from the poolside. If you would like to swim with your two teenage children, you will need to book two slots.
- We would be grateful if you do not book back-to-back sessions and that each family group only books one session per day.
- Please check in at reception on arrival for your swim session
- Please remember this privilege is for your own children only and we do not allow you to bring other peoples' children into the Herb House Lap Pool with you.
- Your children must be accompanied by you at all times, and it is your responsibility to keep them supervised.
- Please ensure your children wear the supplied flip flops or their own non-slip footwear around the Lap Pool at all times.
- Children will be allowed in the changing rooms 15 minutes before swimming times and up to half an hour afterwards. We would ask that you keep the area as tidy as possible and ask your children to be respectful of their surroundings.
- Other spa facilities, such as the Hydro Pool, whirlpool, gym, sauna and steam rooms are for adult members, over 18 years old, only. However, children are allowed in our restaurant Raw & Cured at any time during opening hours when accompanied by you, their parent/guardian. We would ask that you pre-book your table in advance.
- Please do not bring toys including balls or noodles into the Lap Pool. Armbands and toddler floating aids are permitted. The Herb House will provide a selection of noodles for your children to use in the Lap Pool.
- Please note The Herb House does not provide lifeguard facilities at the Lap Pool.
- Please ask your children not to run, jump and dive in the Lap Pool and no horseplay or excessive splashing. Please be aware of other people using the area.
- After your swim, please ensure your children dry off thoroughly before walking to the changing rooms.
- Children under 8 years old must change with you, we would recommend you make use of one of our larger changing rooms so you can change privately together.
- Children over 8 years old do not need to accompany you in the changing rooms. Always remember to ask your children to wait in the waiting area outside the changing rooms on the chairs so you can go up to the Lap Pool together.
- Under 3 years old must wear special Neoprene nappies in addition to their swimming nappies when swimming in the Lap Pool to avoid leakage and the closure of the Lap Pool. These are available to purchase at reception if you do not have your own.
- There are no crèche facilities at The Herb House. It is the responsibility of the parent or guardian to keep their children under control at all times and ask their children to observe the peace and tranquility of the Lap Pool and surrounding area.
- Save as set out in our liability clause in our Terms and Conditions, The Herb House accepts no liability for your child/ children during their time in The Herb House venue.
- Once your child turns 18, they would be eligible for our Adult Dependents' Membership until they turn 26. Please ask the membership team for more information.
- It will be necessary for the Lap Pool to be closed at certain times for maintenance. The Herb House management will endeavor to give members prior notice of these closures but are not obliged to do so.
- We reserve the right to amend this policy at any time and to ask anyone that does not respect this to vacate either the Lap Pool or changing rooms.