Welcome to Sollentuna Swimming Pool

THINGS TO REMEMBER WHEN VISITING A SWIMMING POOL

At Sollentuna swimming pool, we always use chip bracelets that you can borrow or buy; these allow you through the turnstiles and let you lock the lockers.

If you're clean, the pool is clean!

- Shower first – swimwear after!
- Clean swimwear – no underwear under swimwear
- Do you smell of chlorine?
- Chlorine is drawn to bacteria – Do you smell after your swim? If so, you haven’t washed thoroughly enough before going in the pool.

To think of before going to the pool:

- Shower and wash your whole body
- Rinse your hair thoroughly
- Always remove make-up
- Use clean swimwear
- Don’t use underwear or cotton clothes

Before going into the sauna:

- Shower
- Remove swimwear
- Sit on a towel

By the pool

- Respect lane divisions and signs
- Don’t run
- Make your decision of where to swim based on how good a swimmer you are
- You must be at least 12 years old and able to swim (200m) to visit the swimming pool by yourself
- If you are under 12 years of age, a leader/an adult who can swim must ALWAYS accompany you

https://www.medley.se/sollentuna-sim–och-sporthall/oppettider
https://www.medley.se/sollentuna-sim–och-sporthall/priser