


























Camberwell Leisure Centre

Main pool holiday

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Swim 4 Fitness	07:00
08:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Swim 4 Fitness	08:00
09:00	Silver Swim	Swim 4 Everyone	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim Lessons	Swim 4 Everyone	09:00
10:00	Disability Swim	Disability Swim	Wet and Wild	Wet and Wild	Family Fun Swim 	Swim Lessons	Disability Swim	10:00
11:00	Disability Swim	Disability Swim	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Wet and Wild	11:00
12:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Swim 4 Fitness	12:00
13:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Swim 4 Fitness	13:00
14:00	Swim 4 Everyone	Swim 4 Everyone	Silver Swim	Colleague Training	Swim 4 Everyone	Swim 4 Everyone 	Swim 4 Everyone	14:00
15:00	Swim Lessons	Swim Lessons	Swim 4 Everyone	Swim 4 Everyone	Swim 4 Everyone 	Swim 4 Everyone 	Swim 4 Everyone 	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone 	Swim Lessons	Swim 4 Everyone 	16:00
17:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone 	Swim Lessons	Swim 4 Everyone 	17:00
18:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone 	Swim Lessons	Swim 4 Everyone 	18:00
19:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim 4 Everyone 	Swim Lessons	Swim 4 Everyone 	19:00
20:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Swim 4 Fitness 	20:00
21:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Swim 4 Fitness 	21:00
22:00	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness	Swim 4 Fitness 	Swim 4 Fitness	Swim 4 Fitness 	22:00

Children under eight years old must be accompanied by a parent/guardian or adult over 18 years, with a maximum of two children per adult.

A band system will be in use during all public sessions.

This pool has disabled accessible steps.

 **Free swim and gym Southwark residents**
Free swimming all day Friday, and from 2pm on Saturday/ Sunday*.

Over 60s - Free swimming all day Friday, from 2pm on Saturday/ Sunday and Silver Sessions throughout the week*.

With a disability - Free swimming seven days a week*.

For eligibility and terms & conditions please click here.

*Subject to programmes and timetables.

FITNESS AND FUN

Swim 4 Everyone For everyone to experience the invigorating and relaxing activity which is swimming. Dip your toe in, the water's lovely...

Swim 4 Fitness sessions for adults 16 and over to swim uninterrupted in lanes provided, ask for a results card to get more from your swim. Fin and hand paddle friendly.

Women Only sessions for women only 16 and over to swim socially or in a lane that may be provided, ask for a results card to get more from your swim.

Wet and Wild sessions for children with or without* an adult where inflatables are provided (under eight's policy applies).

Silver Swim sessions for adults 60 and over who swim socially.

SPECIALITIES

Colleague Training Essential training for staff who work pool-side as lifeguards to ensure everyone's safety.

Disability Swim Operator led sessions for disabled swimmers only or disabled swimmers accompanied with a carer.

LEARNING TO SWIM

Schools Our pool provides swimming for the whole community, including local schools. Ask for details at reception.

Swim Lessons Everyone Active's programme is designed for children from four months to learn to swim. Lessons run 50 weeks a year, six days a week. Enrol anytime at centre reception.

WATER WORKOUTS

Aqua Class A fun and invigorating all over body work-out in the water designed to effectively burn calories with minimal impact on the body.

Timetable correct as at April 2017. Please check public notice boards and www.everyoneactive.com for any timetable changes.