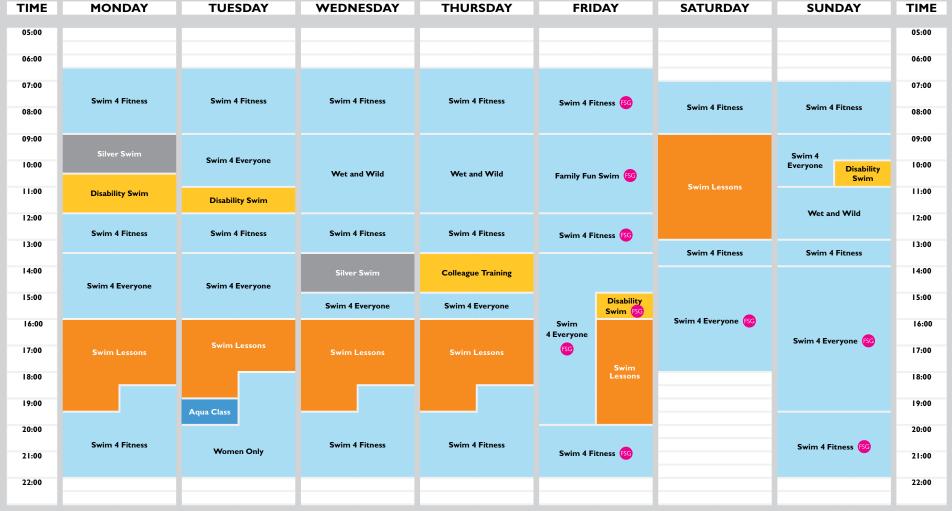
Camberwell Leisure Centre

Main pool holiday



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

FITNESS AND FUN

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 eights 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

impact on the body.

Aqua Class A fun and invigorating all

over body work-out in the water designed

to effectively burn calories with minimal

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

Children under eight years old

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

This pool has disabled accessible steps.

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.

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