

Swim Session Descriptions

FAMILY AND FUN

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

Family Fun Swim sessions for families where floats or other equipment will be available for entertainment

Men Only sessions for men only 16 and over to swim socially or in a lane that may be provided.

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

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.

FITNESS AND HEALTH

Swim 4 Fitness A lane based session for those able to swim a confident and continuous eight lengths. Swim programmes and equipment available.

Women Only sessions for women only 16 and over to swim socially or in a lane that may be provided.

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.

FREE SWIM AND GYM FOR 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 and conditions please visit the website.

Subject to programmes and timetables.