














Peckham Pulse Centre

Hydrotherapy pool term time

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TIME
05:00								05:00
06:00								06:00
07:00								07:00
08:00	Hydrotherapy Swim	Hydrotherapy Swim	Hydrotherapy Swim	Hydrotherapy Swim	Hydrotherapy Swim 	Swim Lessons	Under Fives Fun Swim	08:00
09:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Southwark PCT		Family Fun Swim	09:00
10:00							Under Fives Fun Swim	10:00
11:00	Schools		Schools	Silver Aqua	Schools		Family Disability Swim	11:00
12:00	Disability Swim	GP Referral	Under Fives Fun Swim	Silver Aqua	Disability Swim 		Family Fun Swim	12:00
13:00		Silver Aqua	Swim Lessons	Swim Lessons		Under Fives Fun Swim	Under Fives Fun Swim	13:00
14:00	Schools	Schools		Schools	Schools	Family Fun Swim 	Family Fun Swim 	14:00
15:00	Under Fives Fun Swim	Under Fives Fun Swim	Adult Disability Swim	Under Fives Fun Swim	Under Fives Fun Swim 	Family Disability Swim 	Family Disability Swim 	15:00
16:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Private Hire	Hydrotherapy Swim 	Women Only 	16:00
17:00					Swim Lessons	Disability Swim 	Hydrotherapy Swim 	17:00
18:00			Hydrotherapy Swim	Family Fun Swim			Disability Swim 	18:00
19:00	Aqua Class	Adult Disability Swim	Aqua Class	Hydrotherapy Swim				19:00
20:00	Adult Disability Swim	Hydrotherapy Swim	Adult Disability Swim		Hydrotherapy Swim 		Hydrotherapy Swim 	20:00
21:00	Hydrotherapy Swim		Hydrotherapy Swim	Disability Swim				21:00
22:00								22:00

FITNESS AND FUN

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

Hydrotherapy Swim for over 16s.

Under Fives Fun Swim sessions for children under five who must be accompanied by an adult.

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.

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.

GP Referral Instructor led sessions where specific water-based activities are taking place.

HIRE

Private Hire Our facilities are available to hire - contact reception for details.


SPECIALITIES

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

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 a disabled accessible hoist.

 **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.

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