

EVERYONE

CAN LEARN TO SWIM

Southwark Free Swimming Lessons

Swimming Lesson Timetable

MON	TUE	WED	THU	FRI	SAT	SUN
Peckham Pulse Leisure Centre						
Disability 12.30/13.00	Over 60s 09.00/09.30 Adult# 12.00/12.30 13.00/13.30 Disability# 19.00/19.30	Disability 15.00/15.30	Over 60s 10.00/10.30 Disability 12.00/12.30	Adult 12.00/12.30 13.00/13.30	Adult# 10.00/12.00	Ladies only 16+ 16.00/16.30 Adult 17.00/17.30
The Castle Centre						
	Over 60s 11.00/11.30 Disability# 09.00/09.30		Over 60s 11.00/11.30 Disability 18.00/18.30	Disability# 15.00/15.30	Disability 12.00/12.30	
Camberwell Leisure Centre						
Over 60s# 09.00/09.30 10.00 Disability# 10.30		Over 60s# 13.30/14.00				
Dulwich Leisure Centre						
	Over 60s 15.00/15.30				Disability 12.00 Over 60s 12.30	
Seven Islands Leisure Centre						
Disability# 15.00/15.30			Over 60s# 09.00/09.30			

(Note sessions with # start week beginning 23 Sept all other start week beginning 16 Sept)