



Your Swimming Guide

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DC LEISURE
Fitness Industry Association
Operator of the Year 2008 & 2009

LATCHMERE
Leisure Centre


swimming
academy™


THE BRIGHTER FUTURE
Wandsworth

Managed by DC Leisure on behalf of Wandsworth Council.

Why should I swim?

1. Swimming is a great way to get a trimmer body and improve your general health and fitness.
2. Whether you are splashing around with your children, swimming a few lengths a week or joining in a water workout class, your health will still benefit.
3. Because the water supports your weight, the stress on your joints is much less, making it an activity suitable for all ages and abilities.

Did you know?

1. Swimming is the nation's most popular sporting activity. (MORI 2005)
2. Research suggests you use up to 25 per cent more calories in water than you would if you were swimming through air. (BBC)

Party hire

Hire the teaching pool for your child's birthday party. Pick up a leaflet from reception for details on all our party packages. Bookings for Swimming Galas also welcome.

Swim supervision policy

Children under 8 years old must be accompanied by a parent/adult 18 years or over throughout the use of this facility. A ratio of no more than 3 children per adult is allowed in the water.

Don't forget

1. costume
2. towel
3. padlock for your locker
4. to visit swim shop in reception

Timetable available in large format.

Padlocks can be purchased from reception.

Swimming Pool Timetable

Monday

07.00-09.00	Lane swimming – Adults Only
09.00-12.30	All welcome*
12.30-13.30	Lane swimming **
13.30-16.00	All Welcome*
16.00-19.00	All welcome Waves*
19.00-21.30	Lane Swimming – Adults Only

Tuesday

07.00-09.00	Lane swimming – Adults Only
09.00-12.30	All welcome*
12.30-13.30	Lane swimming **
13.30-16.00	All Welcome*
16.00-19.00	All welcome Waves*
19.00-21.30	Lane Swimming – Adults Only

Wednesday

07.00-09.00	Lane swimming – Adults Only
09.00-12.30	All welcome*
12.30-13.30	Lane swimming **
13.30-16.00	All Welcome*
16.00-19.00	All welcome Waves*
19.00-21.30	Lane Swimming – Adults Only

Thursday

07.00-09.00	Lane swimming – Adults Only
09.00-12.30	All welcome*
12.30-13.30	Lane swimming **
13.30-16.00	All Welcome*
16.00-19.00	All welcome Waves*
19.00-21.30	Lane Swimming – Adults Only

Friday

07.00-09.00	Lane Swimming – Adults Only
09.00-12.30	All welcome*
12.30-13.30	Lane swim **
13.30-16.00	All Welcome*
16.00-18.00	All welcome Waves *
18.00-20.00	Lane Swimming – Adults Only*

Saturday

07.00-09.00	Lane Swimming **
09.00-12.00	All welcome Waves ***
12.00-12.30	Pool Closure
12.30-18.00	All welcome Waves***
18.00-19.30	Lane Swimming – Adults Only

Sunday

07.00-09.00	Lane Swimming **
09.00-12.00	All welcome Waves ***
12.00-12.30	Pool Closure
12.30-19.00	All welcome Waves***
19.00-21.30	Lane Swimming – Adults Only

*Restricted pool space, lanes in use by Schools, Swim Academy & Staff Training

**Access for parent & children swimming but restricted to the shallow end.

***Waves every hour on weekdays and every ½ hour at weekends

Changes to timetable during School Holidays

Monday to Friday

07.00am -09.00am	Lane Swimming – Adults Only
09.00am – 12.00pm	All Welcome Waves*
12.00pm – 12.30pm	Pool Closure
12.30pm – 13.30pm	Lane Swimming – Adults Only
13.30pm – 16.00pm	All Welcome Waves*
16.00pm – 16.30pm	Pool Closure (Subject to demand)
16.30pm – 19.00pm	(16.30-18.00 Fridays) All Welcome Waves*
19.00pm – 21.30 pm	(Mon- Thurs) Lane Swimming – Adults Only
18.00pm – 20.00pm	(Fri) Lane Swimming – Adult Only*



Do you swim more than twice a week? Tempted by unlimited swimming for less than 95p* a day? Why not sign up today!

Membership includes access to Putney, Tooting, Balham and Tooting Lido Swimming Pools.

*Available on DD & Annual Membership only



- Easy payment options
- No queuing or re-enrolment
- Continuous Assessment
- Guaranteed place within the programme
- free swimming available for all swim academy pupils
- range of days and times available to suit your needs

To enrol onto the swim academy contact reception or email swimacademy@latchmereleisurecentre.co.uk.



Swim in style!

Visit our shop in reception where we have a wide range of Zoggs swimming products, including new **ULTEX** chlorine proof swimwear.



At Zoggs we have a passion for swimming, we want to share that passion with you!

Please note

- Sauna open to those aged 16 & over, band to be purchased at receptionist before use.
- A band system will be in operation at all times (No Re-entry).
- In accordance with our health and safety policy, bathers are required to exit the pool whilst lifeguards conduct lane rope change over.
- Handle paddles may be worn in the fast lane of the adult lane swim sessions; these paddles must not be larger than the user's hand.
- Flippers are not permitted within any session.
- Swimming Academy lessons take place throughout the programme and may be subject to change where necessary.

