



Cranleigh Leisure Centre Swimming Timetable

Cranleigh Leisure Centre
Village Way, Cranleigh, GU6 8AF
01483 274400
enquiries@cranleighleisurecentre.co.uk

Main Timetable

Main Pool

Monday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 7.00pm	Public Swim
7.00pm – 7.45pm	Aqua Power Circuits
8.00pm – 10.00pm	Public Swim

Tuesday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.50am – 11.35am	Aqua Power Circuits (2/3 pool)
10.00am – 6.00pm	Public Swim
6.00pm – 9.00pm	Club Swimming
9.00pm – 10.00pm	Water Polo

Wednesday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 10.00pm	Public Swim
8.00pm – 8.45pm	Aqua Power Circuits (2/3 pool)

Thursday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.00am – 10.00pm	Public Swim

Friday

6.30am – 10.00am	Early Morning Swim
9.15am – 10.00am	Aqua Fit – aerobics (2/3 pool)
10.00am – 6.00pm	Public Swim
6.00pm – 9.00pm	Club Swimming

Saturday

8.00am – 5.00pm	Public Swim
12noon – 2.00pm	Fun Splash
5.00pm – 6.00pm	Session for those with a disability
6.00pm – 8.00pm	Private Hire

Sunday

8.00am – 4.30pm	Public Swim
12noon – 2.00pm	Fun Splash
4.30pm – 8.00pm	Club Swimming

Teaching Pool

Monday

8.00am – 9.45am	Public Swim
9.45am – 12noon	School Lessons
12noon – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Tuesday

8.00am – 9.45am	Public Swim
9.45am – 12noon	School Lessons
12noon – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Wednesday

8.00am – 10.00am	Public Swim
10.00am – 12noon	School Lessons
12noon – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons
3.30pm – 6.00pm	Swim Academy

Thursday

8.00am – 9.30am	Public Swim
9.30am – 12noon	School Lessons
12noon – 1.30pm	Public Swim

Friday

8.00am – 10.00am	Public Swim
10.00am – 12noon	School Lessons
12noon – 1.30pm	Public Swim
1.30pm – 3.30pm	School Lessons

Saturday

8.00am – 12noon	Swim Academy
12noon – 2.00pm	Fun Splash
2.00pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Session for those with a disability

Sunday

8.00am – 12noon	Public Swim
12noon – 2.00pm	Fun Splash
2.00pm – 4.30pm	Public Swim
4.30pm – 8.00pm	Club Swimming

Please note Main & Holiday timetable changes from Jan 3rd 2012

Monday & Wednesday

06.30-08.30	Adult Swimming
08.30-09.15	Aqua Fit (therapy)
09.30-10.15	60+ Swimming
10.15	General Swim starts

Friday

06.30-09.00	Adult Swimming
09.00-09.45	Aqua Fit (aerobics)
10.00	General Swim starts

Please note that during Public Swim sessions part of the pool may be used for lessons. There will be a minimum of one lane available. A 5 minute preparation period will be required before and after classes/lessons. We will attempt to minimise any disruption caused.

Holiday Timetable

Main Pool

Monday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 7.00pm	Public Swim
2.00pm – 3.00pm	Fun Splash
7.00pm – 7.45pm	Aqua Power Circuits
8.00pm – 10.00pm	Public Swim

Tuesday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.00am – 6.00pm	Public Swim
10.50am – 11.35am	Aqua Power Circuits (2/3 pool)
2.00pm – 3.00pm	Fun Splash
6.00pm – 9.00pm	Club Swimming
9.00pm – 10.00pm	Water Polo

Wednesday

6.30am – 9.15am	Early Morning Swim
8.30am – 9.15am	Aqua Fit – therapy (2/3 pool)
9.15am – 10.00am	60+ Swim
10.00am – 10.00pm	Public Swim
2.00pm – 3.00pm	Fun Splash
8.00pm – 8.45pm	Aqua Power Circuits (2/3 pool)

Thursday

6.30am – 9.00am	Early Morning Swim
9.00am – 10.00am	Adult Master Class
10.00am – 10.00pm	Public Swim
2.00pm – 3.00pm	Fun Splash

Friday

6.30am – 10.00am	Early Morning Swim
9.15am – 10.00am	Aqua Fit – aerobics (2/3 pool)
10.00am – 6.00pm	Public Swim
2.00pm – 3.00pm	Fun Splash
6.00pm – 9.00pm	Club Swimming

Saturday

8.00am – 5.00pm	Public Swim
12noon – 2.00pm	Fun Splash
5.00pm – 6.00pm	Session for those with a disability
6.00pm – 8.00pm	Private Hire

Sunday

8.00am – 4.30pm	Public Swim
12noon – 2.00pm	Fun Splash
4.30pm – 8.00pm	Club Swimming

Teaching Pool

Monday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Tuesday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Wednesday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Thursday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Friday

8.00am – 3.30pm	Public Swim
3.30pm – 6.00pm	Swim Academy
6.00pm – 7.00pm	Public Swim

Saturday

8.00am – 12noon	Swim Academy
12noon – 2.00pm	Fun Splash
2.00pm – 5.00pm	Public Swim
5.00pm – 6.00pm	Session for those with a disability
6.00pm – 8.00pm	Private Hire

Sunday

8.00am – 12noon	Public Swim
12noon – 2.00pm	Fun Splash
2.00pm – 4.30pm	Public Swim
4.30pm – 8.00pm	Club Swimming

Swimming Lessons



The Swimming Academy Lesson Scheme offers a variety of lessons for all ages and abilities and we are proud of our reputation for providing quality swimming lessons. We follow the Amateur Swimming Association National Development Plan, and children will progress through levels 1 through to 10. Lessons are 25 – 45 minutes duration for children; we also offer Adult swimming lessons 25 – 45 minutes duration and teach individual 1 to 1 swimming lessons.

Stage 1 Developing basic safety awareness, the 'class' scenario, basic movement skills and water confidence skills. Swimmers may use aids, e.g. arm bands, floats, etc.

Stage 2 Developing safe entries into the water including jumping in, basic floating, and swimming on your front and back up to a distance of 5 metres. Swimmers may use aids, e.g. arm bands, floats, etc.

Stage 3 Developing further safe including submersion, and swimming up to 10 metres on your front and back. Further development on rotation skills and water safety knowledge is also included. At this stage, the Swimmer will be assessed without the use of aids or support.

Stage 4 Developing your knowledge of buoyancy, through a range of skills, and refining your kicking technique for all strokes.

Stage 5 Developing your 'watermanship' through techniques of sculling and treading water. At this stage, the swimmer will be expected to swim a distance of 10 metres using a variety of swimming strokes and techniques.

Stage 6 Developing effective swimming skills including coordinated breathing across all strokes, plus swimming a distance of 25 metres using a stroke of the Swimmers choice.

Stage 7 Developing stroke technique up to a distance of 100 metres, and incorporating existing skills learnt. You will also be expected to successfully complete an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.

Stages 8 – 10 Once the Swimmer has developed the core range of skills required to be confident, competent and safe in the water through stages 1 – 7, the Swimmer may then have the choice to take part in different aquatic disciplines:

- Flip n Fun – Diving*
- AquaFun – Synchronised Swimming*
- Mini – Polo – Water Polo*
- Competitive Swimming
- Rookie Lifeguarding

(* Currently not offered, please ask us for more details.)

To book Swimming Lessons or for more information, please contact Tammy Atkins our Swimming Coordinator on 01483 542307 or email: tammyatkins@dcleisure.co.uk



Swimming Information

The Swimming Academy Lesson scheme includes:

- Direct Debit Membership option – includes unlimited free swimming during public times
- 50 weeks per year instruction

Adults A wide range of beginners, improvers and advanced courses are offered. Classes take place during the daytime and evenings – dependent on swim timetable.

Lane Swimming Lanes are available at certain times during the day. Some lanes may be in use for swimming lessons or school usage. We do not operate a maximum time in our pools but subject to bathing loads we may have to restrict entry at busy times.

Parent & Toddler Sessions This is an introduction to water skills for parents and toddlers together, and is available to those who are aged between 4 months and 3 years. Babies must be mobile to take full advantage of this class. **Please contact Reception to check the availability of specific sessions.**

Pool Regulations Children under 8 must be supervised by a parent or adult (18 years or over) throughout their use of the pool facilities. A maximum ratio of 2 children to 1 adult is permitted. Those supervising must accompany the children in the water.

Swim Memberships available – contact a Customer Advisor.