



# Swimming Timetable

## 2010 Programme

Balham Leisure Centre  
Elmfield Road  
020 8772 9577  
[www.dcleisure.co.uk](http://www.dcleisure.co.uk)

## Monday

06.30 – 08.30 4 Lanes Adult only  
08.30 – 09.00 2 Lanes & general swim  
09.00 – 12.30 Schools & general swim  
12.30 – 13.30 2 Lanes & general swim  
13.30 – 16.30 Schools & general swim  
16.30 – 19.00 2 Lanes & general swim  
19.00 – 21.30 4 Lanes Adult only

## Tuesday

06.30 – 08.30 4 Lanes Adult only  
08.30 – 09.00 2 Lanes & general swim  
09.00 – 12.30 Schools & general swim  
12.30 – 14.00 2 Lanes & general swim  
14.00 – 15.45 Adult & under 5's\*  
15.45 – 19.30 Pool closed for Lessons/club  
19.30 – 21.30 2 Lanes & Aqua Aerobics

## Wednesday

06.30 – 08.30 4 Lanes Adult only  
08.30 – 09.45 2 Lanes & general swim  
09.45 – 10.30 Aqua & general swim  
10.30 – 11.15 Aqua & general swim  
11.15 – 12.30 Schools & general swim  
12.30 – 13.30 2 Lanes & general swim  
13.30 – 16.30 Schools & general swim  
16.30 – 18.30 2 Lanes & general swim  
18.30 – 22.00 Pool closed for swim club

## Thursday

06.30 – 08.30 4 Lanes Adult only  
08.30 – 09.00 2 Lanes & general swim  
09.00 – 12.30 Schools & general swim  
12.30 – 13.30 2 Lanes & general swim  
13.30 – 16.30 Schools & general swim  
16.30 – 20.00 2 Lanes & general swim  
20.00 – 21.30 4 Lanes Adult only



## Friday

06.30 – 08.30 4 Lanes Adult only  
08.30 – 09.00 2 Lanes & general swim  
09.00 – 10.00 Oap swim & general swim  
10.00 – 12.30 Schools & general swim  
12.30 – 13.30 2 Lanes & general swim  
13.30 – 16.30 Schools & general swim  
16.30 – 18.00 Lessons & general swim  
18.00 – 19.30 2 Lanes & general swim  
19.30 – 20.15 Aqua & general swim  
20.15 – 21.30 2 Lanes & general swim

## Saturday

07.30 – 08.00 4 Lanes Adult only  
08.00 – 11.00 Lessons & general swim  
11.00 – 14.00 2 Lanes & general swim  
14.00 – 15.00 Inflatable session\*  
15.00 – 17.00 2 Lanes & general swim  
17.00 – 19.30 Pool party available for hire

## Sunday

07.30 – 08.30 4 Lanes Adult only  
08.30 – 10.00 2 Lanes & general swim  
10.00 – 12.00 Family session\*  
12.00 – 19.30 2 Lanes & general swim  
19.30 – 21.30 Pool closed for Adult Lessons

During general swim private lessons may take place.

\*Children without supervising adults are not permitted to Family Sessions.

Children under 8 years old **MUST** be supervised by a parent or adult (18 years or over) Throughout their use of the pool facilities.

Timetable subject to change.

During school times, the shallow end of the pool is unavailable.