

Swimming Timetable 2009

Free Swimming available
for those aged 60 & over and
16 & under from 1st April 2009.
Ask at reception for details.

Term Time

Monday

6.15am – 9.00am	Adult Lane Swim
11.30am – 7.30pm	All Welcome
12.00noon – 12.45pm	Aquacise
12.00noon – 2.00pm	All Welcome Lane Swim
7.15pm – 8.00pm	Aquacise
8.00pm – 9.00pm	Adult Lane Swim

Tuesday

6.15am – 9.00am	Adult Lane Swim
11.30am – 7.30pm	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
6.45pm – 7.30pm	Aquacise

Wednesday

6.15am – 9.00am	Adult Lane Swim
11.30am – 6.00pm	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
12.30pm – 1.15pm	Aquacise

Thursday

6.15am – 9.00am	Adult Lane Swim
11.30am – 8.00pm	All Welcome
12.00noon – 1.30pm	All Welcome Lane Swim
7.00pm – 7.45pm	Aquacise
8.00pm – 9.00pm	Adult Lane Swim

Friday

6.15am – 9.00am	Adult Lane Swim
11.30am – 8.00pm	All Welcome
12.00noon – 1.30pm	All Welcome Lane Swim
1.00pm – 1.45pm	Aquacise
8.00pm – 9.00pm	Adult Lane Swim

Saturday

7.00am – 8.00am	Adult Lane Swim
10.00am – 11.30am	All Welcome Lane Swim
11.30am – 1.00pm	All Welcome Red Session
1.00pm – 2.30pm	All Welcome Blue Session
2.30pm – 4.00pm	All Welcome Orange Session
4.00pm – 5.30pm	All Welcome Green Session
6.00pm – 8.00pm	All Welcome Lane Swim

Sunday

9.00am – 11.30am	All Welcome Lane Swim
11.30am – 1.00pm	All Welcome Red Session
1.00pm – 2.30pm	All Welcome Blue Session
2.30pm – 4.00pm	All Welcome Orange Session
4.00pm – 5.30pm	All Welcome Green Session
5.30pm – 7.00pm	All Welcome Yellow Session
7.00pm – 8.00pm	Adult Lane Swim

School Holidays

Monday

6.15am – 10.00am	Adult Lane Swim
10.00am – 12.00noon	All Welcome
12.00noon – 2.00pm	Adult Lane Swim
2.00pm – 7.30pm	All Welcome*
7.15pm – 8.00pm	Aquacise
8.00pm – 9.00pm	Adult Lane Swim

Tuesday

6.15am – 10.00am	Adult Lane Swim
10.00am – 12.00noon	All Welcome
12.00noon – 2.00pm	Adult Lane Swim
2.00pm – 7.30pm	All Welcome*
6.45pm – 7.30pm	Aquacise

Wednesday

6.15am – 10.00am	Adult Lane Swim
10.00am – 12.00noon	All Welcome
12.00noon – 2.00pm	Adult Lane Swim
2.00pm – 6.00pm	All Welcome*

Thursday

6.15am – 10.00am	Adult Lane Swim
10.00am – 12.00noon	All Welcome
12.00noon – 2.00pm	Adult Lane Swim
2.00pm – 8.00pm	All Welcome*
7.00pm – 7.45pm	Aquacise
8.00pm – 9.00pm	Adult Lane Swim

Friday

6.15am – 10.00am	Adult Lane Swim
10.00am – 12.00noon	All Welcome
12.00noon – 2.00pm	Adult Lane Swim
2.00pm – 8.00pm	All Welcome*
8.00pm – 9.00pm	Adult Lane Swim

Saturday

7.00am – 8.00am	Adult Lane Swim
10.00am – 11.30am	All Welcome Lane Swim
11.30am – 1.00pm	All Welcome Red Session
1.00pm – 2.30pm	All Welcome Blue Session
2.30pm – 4.00pm	All Welcome Orange Session
4.00pm – 5.30pm	All Welcome Green Session
6.00pm – 8.00pm	All Welcome Lane Swim

Sunday

9.00am – 11.30am	All Welcome Lane Swim
11.30am – 1.00pm	All Welcome Red Session
1.00pm – 2.30pm	All Welcome Blue Session
2.30pm – 4.00pm	All Welcome Orange Session
4.00pm – 5.30pm	All Welcome Green Session
5.30pm – 7.00pm	All Welcome Yellow Session
7.00pm – 8.00pm	Adult Lane Swim

* denotes that banding system may be implemented if increased demand occurs

Descriptions

All Welcome

Open to all swimmers of all abilities. Ideal for a relaxing swim, fitness, families and those either getting back to fitness, or who are new to swimming. Pool restrictions may apply.

All Welcome Lane Swim

Open to all swimmers of all abilities with lanes available to swim lengths of the pool. Pool restrictions may apply.

Adult Lane Swim

Open to all swimmers over 16 years of age of all abilities with lanes available to swim lengths of the pool. Pool restrictions may apply.

Aquacise

Water based group workout for all levels utilising water as resistance. Group workout timetable available from reception.

All Welcome Swim Session Red/Blue/Orange/Green/Yellow

Open to all swimmers of all abilities. Banded sessions with time limitations. Swimmers will be asked to leave both pools at the end of each session. Pool restrictions may apply.

Wave Machine

The wave machine will operate for 5 minutes at half hour intervals between 11.45am and 5.45pm only during All Welcome Sessions at the weekends dependant upon Centre operations.

The wave machine will operate for 5 minutes at half hour intervals between 11.45am and 3.45pm only during All Welcome Sessions during the School Holidays dependant upon Centre operations.

The wave machine will not be operating during any other session

Pool Hire

Hire the pool for your child's birthday party. Pick up a leaflet from reception for details.

Swim Supervision Policy

Children under 8 years old MUST be supervised by a parent or adult (18 years or over) throughout the use of the pool facilities. Maximum ratio of 3 under 8's to 1 adult. Those supervising must accompany the children in the water.

Don't forget...

1. Your costume
2. Your towel
3. £1 for locker (refundable)
4. To visit our Zoggs shop in reception
5. Visit our Centre Café for refreshments

Times correct at time of print

Activities are subject to change and availability

Last ticket issued half an hour before end of each session

Please see leisure centre notice boards for dates when the School Holidays Timetable will be in operation

Timetable available in large format. Contact reception for details



Swim in style!

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



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

The Free Swimming scheme is in partnership with The Royal Borough of Kingston upon Thames Council and The Kingston Primary Care Trust.

Kingfisher Leisure Centre

Fairfield Road, Kingston
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020 8546 1042

