



Take the Plunge

2010 Swimming Timetable

Tooting Leisure Centre
Greaves Place, Tooting, SW17 0NE
020 8333 7555
www.tootingleisurecentre.co.uk



Help Us To Keep Our Swimming Fresh!

Swimming is a great form of exercise and enjoyment to all, and the pools here at Wandsworth have something for everyone. However, swimming pool contamination is the biggest contributor to unwelcome pool closures, causing inconvenience to many. To avoid such closures and keep our swimming pools fresh, please follow our:

- All swimmers should visit the toilet before swimming.
- Parents should encourage young children to make frequent visits to the toilet during their swim also.
- Shower before entering the pool, as showering before your swim will remove all the sweat and bacteria that would otherwise go into the pool.
- Please wear clean suitable swimwear.
- Young children still requiring nappies should wear tightly fitted plastic or rubber pants/ nappies recommended for swimming by a recognised manufacturer. These are available from the reception.
- Do not chew gum.
- Do not swim if you have eaten less than 1 hour beforehand.
- Do not swim if you feel unwell with a cold, throat, ear or skin infection.
- Do not swim if you have diarrhoea, or have had in the last 72 hours.
- Wear a swimming hat, or secure long hair safely with a suitable band that will not come off during your swim.
- Do not wear contact lenses while swimming. Micro-organisms in the water can cause infections if they get between the lens and the eye.
- Do not wear shoes on the poolside areas, or in the communal shower areas.
- Do not take pushchairs onto the poolside areas for hygiene and safety reasons, and wherever possible avoid taking pushchairs into the changing room areas.
- Do not eat, drink or smoke on the poolside areas.
- Avoid getting the pool water in your mouth and then spitting it out, or swallowing it.
- Report any incidents involving contamination of the pool to the staff immediately.

Our swimming pools are treated regularly and maintained to the highest standards, however, good personal hygiene practices can significantly reduce swimming pool pollution and help us all.

Swimming Prices

Adult (17+)	£3.25	Kinetika Swim Members FREE
Child (5-16)	£1.75	Kinetika All-inclusive Members FREE
OAP's (60+)	£1.75	Group Exercise Members £3.25
Concessions/Student/Unemployed	£1.75	Admission Fee £1.00
Family	£8.50	
(2 Adults, 2 Children – weekends only)		

Main Pool

Monday

6.30am - 8.55am	Lane Swimming
9.00am - 12.30pm	General Swimming/Schools
12.35pm - 1.25pm	Lane Swimming
1.30pm - 7.30pm	General Swimming/Schools

Tuesday

6.30am - 8.55am	Lane Swimming
9.00am - 12.30pm	General Swimming/Schools
12.35pm - 1.25pm	Lane Swimming
1.30pm - 7.00pm	General Swimming/Schools
7.30pm - 9.30pm	Adult Lane Swimming

Wednesday

6.30am - 8.55am	Lane Swimming
9.00am - 12.30pm	General Swimming/Schools
12.35pm - 1.25pm	Lane Swimming
1.30pm - 7.00pm	General Swimming/Schools
7.00pm - 9.30pm	Lane Swimming

Thursday

6.30am - 8.55am	Lane Swimming
9.00am - 12.30pm	General Swimming/Schools
12.35pm - 1.25pm	Lane Swimming
1.30pm - 5.00pm	General Swimming/Schools
5.00pm - 8.00pm	CLOSED
8.00pm - 9.30pm	Adult Lane Swimming

Friday

6.30am - 8.55am	Lane Swimming
9.00am - 12.30pm	General Swimming/Schools
12.35pm - 1.25pm	Lane Swimming
1.25pm - 5.30pm	General Swimming/Schools
5.30pm - 7.30pm	Adult Lane Swimming

Saturday

7.30am - 10.00am	Lane Swimming
10.05pm - 5.00pm	General Swimming
5.30pm - 7.30pm	Ladies Only Swimming

Sunday

8.30am - 10.30am	Lane Swimming
10.30am - 5.30pm	General Swimming
5.30pm - 9.30pm	Adult Lane Swimming

Teaching Pool

Parent's and Under 8's)

Term Times

12.30pm - 1.30pm (excluding Fridays)
3.00pm - 4.00pm (excluding Wednesdays)
6.30 - 7.30pm (excluding Thursdays)

Saturday

12.00pm - 3.30pm

Sunday

11.30am - 2.30pm
5.00pm - 7.00pm

School Holidays

Mon, Tues, Thurs

12.30pm - 4.00pm

Wednesday

12.30pm - 3.00pm

Friday

3.00pm - 4.00pm

Saturday

12.00pm - 3.00pm

Sunday

11.00am - 2.00pm

Diving Board

Saturday

3.00pm - 5.30pm

Sunday

3.30pm - 5.30pm
2.30pm - 4.00pm (school holiday weekdays)

- 1-2 Swimming lanes will be operated during General swimming wherever possible, but will be removed to accommodate busy bather loads or other pool activities.
- Children under 8 MUST be supervised in the water by a swimming adult (18+) at a ratio of 1:3
- Swimming Academy lessons take place throughout the programme and are subject to change
- The shallow end of the pool will be used for school swimming lessons during General Swimming during term times.
- Free swimming for unaccompanied 8-16yr olds is applicable during general swimming sessions. (Cards MUST be shown)
- The pool is cleared of bathers for changes to the pool set up.

2 months FREE
on annual
memberships



kinetika memberships

Guaranteed results in 30 days
or your money back.

Join our kinetika
Gym and enjoy...

**...a lifetime of
great days**

The benefits of an All-inclusive membership include:

- Unlimited use of 6 kinetika gyms
- kinetika Journey
- Access to a wide range of Group exercise classes
- Swimming in 4 indoor pools & 1 outdoor pool
- Free use of 4 Saunas, 3 Steam rooms, a Jacuzzi & Splash pool
- Freedom to suspend the membership for 1 – 6 months
- Guest passes for your friends and family
- Discounts at businesses in Wandsworth – please see separate kinetika Membership Benefits brochure
- Discounts on other centre activities such as Fitness courses, centre activities and lots more...



So why not come along and experience the benefits of kinetika - we will be delighted to show you around. Please contact a Customer Advisor at your local centre for more information or to get started

DC124533