

# Holiday Swimming Timetable

Free Swimming available for those aged 60 and over and 16 and under.

## Main Pool

### Monday

6.45am – 9.00am  
10.00am – 12.00noon  
12.00noon – 2.00pm  
2.00pm – 6.00pm  
6.00pm – 7.00pm  
7.00pm – 10.00pm

Adult Lane Swim  
All Welcome  
Adult Lane Swim  
All Welcome  
Adult Lane Swim  
All Welcome Lane Swim

### Tuesday

6.45am – 9.00am  
10.00am – 12.00noon  
12.00noon – 1.45pm  
2.00pm – 3.30pm  
6.00pm – 8.00pm  
8.00pm – 10.00pm

Adult Lane Swim  
All Welcome  
Adult Lane Swim  
Family Splash  
All Welcome  
Adult Lane Swim

### Wednesday

6.45am – 9.00am  
10.00am – 12.00noon  
12.00noon – 2.00pm  
2.00pm – 6.00pm  
6.00pm – 7.00pm  
7.00pm – 9.00pm  
9.00pm – 9.45pm

Adult Lane Swim  
All Welcome  
Adult Lane Swim  
All Welcome  
Adult Lane Swim  
All Welcome Lane Swim  
AquaFit

### Thursday

6.45am – 9.00am  
10.00am – 12.00noon  
12.00noon – 1.45pm  
2.00pm – 3.30pm

Adult Lane Swim  
All Welcome  
Adult Lane Swim  
Family Splash

### Friday

6.45am – 9.00am  
10.00am – 11.00am  
11.00am – 12.00noon  
12.00noon – 2.00pm  
2.00pm – 5.00pm

Adult Lane Swim  
Over 50's Lane Swim  
All Welcome  
Adult Lane Swim  
All Welcome

### Saturday

6.45am – 9.00am  
10.30am – 12.00noon  
12.00noon – 2.00pm  
2.30pm – 4.00pm

Adult Lane Swim  
All Welcome  
All Welcome Lane Swim  
Family Splash

### Sunday

6.45am – 9.00am  
9.00am – 4.30pm  
5.00pm – 7.00pm

Adult Lane Swim  
All Welcome  
Women Only Lane Swim

Please see separate leaflet for pool opening times during term time and bank holidays

## Teaching Pool

### Monday

11.00am – 12.00noon  
12.00noon – 2.00pm  
2.30pm – 4.00pm  
6.30pm – 7.00pm  
7.00pm – 10.00pm

All Welcome  
Parent and Toddler  
All Welcome  
Adult Swim  
All Welcome

### Tuesday

11.00am – 12.00noon  
12.00noon – 1.30pm  
2.00pm – 3.30pm  
6.30pm – 8.00pm  
8.00pm – 10.00pm

All Welcome  
Parent and Toddler  
Family Splash  
All Welcome  
Adult Swim

### Wednesday

11.00am – 12.00noon  
12.00noon – 2.00pm  
2.30pm – 3.30pm  
6.00pm – 9.00pm

All Welcome  
Parent and Toddler  
All Welcome  
All Welcome

### Thursday

11.00am – 12.00noon  
12.00noon – 1.30pm  
2.00pm – 3.30pm

All Welcome  
Parent and Toddler  
Family Splash

### Friday

11.00am – 12.00noon  
12.00noon – 2.00pm  
2.30pm – 4.00pm

All Welcome  
Parent and Toddler  
All Welcome

### Saturday

11.30am – 2.00pm  
2.30pm – 4.00pm

All Welcome Banded Sessions  
Family Splash

### Sunday

10.30am – 4.00pm  
5.00pm – 7.00pm

All Welcome Banded Sessions  
Women Only Swim

Free swimming initiative is available in partnership with Royal Borough of Kingston Council and The Kingston Primary Care Trust.

## 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.

### Over 50's Lane Swim

Open to all swimmers over 50's years of age with lanes available to swim lengths of the pool.

### Women Only Lane Swim (Main Pool)

Open to all women over 16 years of age with lanes available to swim lengths of the pool.

### Women Only Swim (Teaching Pool)

Open to women of all ages and boys under the age of 5.

### Parent and Toddler

Open to parents/guardians with children under 5 years of age.

### Family Splash

Ideal for families to enjoy an afternoon of fun in both pools with floats and/or inflatable.

Adults must be accompanied by a responsible child.

### Aquafit

Water based group workout for all levels utilising water as resistance.

Group workout timetable available from reception.

### Aquarelax

Gentle water based group workout for all levels. Including stretch and muscle toning movements

designed to leave you supple and relaxed.

Group workout timetable available from reception.

### All Welcome Banded Sessions

Open to all swimmers of all abilities.

Time banded sessions for the pools may apply during busy periods.

### Party Hire

Hire the entire pool and inflatable 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 2 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

### kinetika membership

Our kinetika membership aims to help you enjoy life, feel great and help you achieve a healthier lifestyle.

We offer a friendly fitness environment for real people. Membership includes unlimited use of:

- The gym
- Group workout classes
- 5 free training sessions with an instructor
- 2 swimming pools

For further information on how to join contact a Customer Advisor on 020 8336 7788 or contact reception.



**Timetable available in large format. Contact reception for details**

## Malden Centre

Blagdon Road, New Malden  
Surrey, KT3 4TA  
020 8336 7770

DC LEISURE



Facilities managed by DC Leisure in partnership with Kingston Council

100% recycled paper NAPM approved