



Godalming Leisure Centre Swimming Timetable

Godalming Leisure Centre
Broadwater Park, Summers Road
Godalming, GU7 3BH
01483 417282
enquiries@godalmingleisurecentre.co.uk

Main Timetable

Monday

6.15am – 8.30am	Early Riser
10.00am – 11.00am	Parent & Toddler
10.00am – 12.00pm	OAP Swim
12.00pm – 1.30pm	Adult Lane
1.30pm – 6.00pm	General Swim
6.00pm – 9.00pm	Godalming Swim Club
8.30pm – 9.00pm	Adult Lane (3 single lanes)
9.00pm – 10.00pm	Adult Lane

Tuesday

6.15am – 8.30am	Early Riser
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.20pm	Adult Lane
1.20pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 7.45pm	Wey Valley Swim Club
7.50pm – 8.35pm	Aqua Fit
8.35pm – 10.00pm	Adult Only

Wednesday

6.15am – 8.30am	Early Riser
12.00pm – 1.30pm	Adult Lane
1.30pm – 6.00pm	General Swim
6.00pm – 10.00pm	Godalming Swim Club

Thursday

6.15am – 8.30am	Early Riser
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.20pm	Adult Lane
1.20pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 8.15pm	Wey Valley Swim Club
8.20pm – 10.00pm	Adult Only

Friday

6.15am – 8.30am	Early Riser
12.00pm – 1.30pm	Adult Lane
1.30pm – 2.30pm	General Swim
4.00pm – 6.00pm	General Swim
6.00pm – 8.00pm	Godalming Swim Club

Saturday

7.30am – 9.00am	General Swim (half pool)
8.00am – 9.00am	Wey Valley Swim Club
9.00am – 12.00pm	Swimming Lessons
12.00pm – 2.00pm	General Swim
2.00pm – 5.00pm	Wey Valley Swim Club
5.00pm – 6.00pm	Private Hire

Sunday

7.30am – 12.00pm	General Swim
9.15am – 10.00am	Aqua Fit
12.00pm – 1.30pm	Adult Lane
1.30pm – 4.45pm	General Swim
4.45pm – 7.00pm	Wey Valley Swim Club
7.00pm – 8.00pm	Godalming Swim Club

Please note that during General 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.

There is no shallow end available Tue-Fri 1.30-2.30pm



Holiday Timetable

Monday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Crash Swimming Course
8.30am – 10.00am	General Swim (half pool)
10.00am – 11.00am	Parent & Toddler
10.00am – 12.00pm	OAP Swim
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun Splash with Inflatable
3.30pm – 6.00pm	General Swim
6.00pm – 9.00pm	Godalming Swim Club
8.30pm – 9.00pm	Adult Lane (3 single lanes)
9.00pm – 10.00pm	Adult Lane

Tuesday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Crash Swimming Course
8.30am – 10.00am	General Swim (half pool)
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun with Floats, Mats & Rings
3.20pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 7.45pm	Wey Valley Swim Club
7.50pm – 8.35pm	Aqua Fit
8.35pm – 10.00pm	Adult Only

Wednesday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Crash Swimming Course
8.30am – 10.00am	General Swim (half pool)
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun Splash with Inflatable
3.30pm – 6.00pm	General Swim
6.00pm – 10.00pm	Godalming Swim Club

Thursday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Crash Swimming Course
8.30am – 10.00am	General Swim (half pool)
10.00am – 12.00pm	Active Lifestyle 50+
12.00pm – 1.30pm	Adult Lane
1.45pm – 3.15pm	Fun Splash with Inflatable
3.30pm – 6.00pm	General Swim
6.00pm – 6.45pm	Adult Lane
6.45pm – 8.15pm	Wey Valley Swim Club
8.20pm – 10.00pm	Adult Only

Friday

6.15am – 8.30am	Early Riser
8.30am – 10.00am	Crash Swimming Course
8.30am – 10.00am	General Swim (half pool)
10.00am – 11.45am	General Swim
12.00pm – 1.30pm	Adult Lane
1.30pm – 2.30pm	General Swim
4.00pm – 6.00pm	General Swim
6.00pm – 9.00pm	Godalming Swim Club

Saturday

7.30am – 9.00am	General Swim (half pool)
8.00am – 9.00am	Wey Valley Swim Club
9.00am – 12.00pm	Swimming Lessons
12.00pm – 2.00pm	General Swim
2.00pm – 5.00pm	Wey Valley Swim Club
5.00pm – 6.00pm	Private Hire

Sunday

7.30am – 12.00pm	General Swim
9.15am – 10.00am	Aqua Fit
12.00pm – 1.30pm	Adult Lane
1.30pm – 4.45pm	General Swim
4.45pm – 7.00pm	Wey Valley Swim Club
7.00pm – 8.00pm	Godalming Swim Club



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 20–30 minutes duration for children; we also offer Adult swimming lessons 30 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 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 Gemma Brown our Swimming Coordinator on 01483 417282 or email: gemmabrown@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 beginner, improver and advanced classes are available. Classes take place on a Thursday morning between 10 – 11.30am.

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 Introduce your child to the joys of swimming. For under 5's accompanied by a parent or carer. This is a confidence session with toys and floats on Monday between 10 – 11am.

Please contact Reception to check the availability of specific sessions.

Aqua Fit Sessions Feel the freedom of exercising in the water with less stress on joints. Builds stamina, mobility and strength. See Workout Timetable for class times.

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.