

# Swimming Timetable 2009

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

## Main Pool

### Monday

6.45am – 9.00am	Adult Lane Swim
10.00am – 10.30am	Aquafit
10.30am – 12.00noon	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
2.00pm – 6.00pm	All Welcome
6.00pm – 10.00pm	All Welcome Lane Swim

### Tuesday

6.45am – 9.00am	Adult Lane Swim
9.00am – 10.00am	Over 50's Lane Swim
10.30am – 12.00noon	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
2.00pm – 4.00pm	All Welcome
6.00pm – 8.00pm	All Welcome
8.00pm – 10.00pm	Adult Lane Swim

### Wednesday

6.45am – 9.00am	Adult Lane Swim
9.00am – 10.00am	Women Only Lane Swim
10.30am – 12.00noon	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
2.00pm – 6.00pm	All Welcome
6.00pm – 9.00pm	All Welcome Lane Swim
9.00pm – 9.45pm	Aquafit

### Thursday

6.45am – 9.00am	Adult Lane Swim
10.30am – 12.00noon	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
2.00pm – 4.00pm	All Welcome

### Friday

6.45am – 9.00am	Adult Lane Swim
9.30am – 10.30am	Over 50's Lane Swim
10.30am – 12.00noon	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
2.00pm – 5.00pm	All Welcome

### Saturday

6.45am – 9.00am	Adult Lane Swim
10.30am – 12.00noon	All Welcome
12.00noon – 2.00pm	All Welcome Lane Swim
2.30pm – 4.00pm	Family Splash

### Sunday

6.45am – 9.00am	Adult Lane Swim
9.00am – 4.30pm	All Welcome Banded Sessions
5.00pm – 7.00pm	Women Only Lane Swim

## Teaching Pool

### Monday

11.30am – 12.30pm	All Welcome
2.30pm – 4.00pm	All Welcome
6.30pm – 8.30pm	All Welcome

### Tuesday

9.15am – 10.00am	Aquarelax
12.30pm – 2.00pm	All Welcome
3.00pm – 4.00pm	All Welcome
6.30pm – 8.00pm	All Welcome
8.00pm – 8.30pm	Adult Swim

### Wednesday

10.45am – 11.30am	Aquarelax
11.30am – 12.30pm	All Welcome
2.00pm – 3.30pm	All Welcome
6.00pm – 8.30pm	All Welcome

### Thursday

1.30pm – 4.00pm	All Welcome
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### Friday

12.00noon – 2.00pm	All Welcome
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### Saturday

11.30am – 2.00pm	All Welcome
2.30pm – 4.00pm	Family Splash

### Sunday

10.30am – 4.00pm	All Welcome Banded Sessions
5.00pm – 6.00pm	Women Only Swim

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

Please see separate leaflet for pool opening  
times during Borough school holidays

## 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.

### 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. Banded sessions with time limitations. A new session will start every 30 minutes. Swimmers are guaranteed a minimum of 1 hour. Pool restrictions may apply.

### 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

**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 **ULTRACHLORINE** proof swimwear.

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



www.zoggs.com

### 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.



DCL23372

## 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