

# Customer Information

## Brixton Recreation Centre Swimming Pool Timetable 18th January to 14th February 2010

<b>Monday</b>		<b>Friday</b>	
7.00am - 9.00am	Swimfit	7.00am - 9.00am	Swimfit
9.00am - 12.00pm	Schools	9.00am - 12.00pm	Schools
12.00pm - 1.30pm	Swimfit	12.00pm - 1.30pm	Swimfit
1.30pm - 6.30pm	Schools / London Swim School	1.30pm - 6.00pm	Schools / London Swim School
6.30pm - 8.00pm	General Swimming	6.00pm - 8.30pm	General Swimming Women Only
8.00pm - 10.00pm	Swimfit	8.30pm - 10.00pm	Swimfit
<b>Tuesday</b>		<b>Saturday</b>	
7.00am - 9.00am	Swimfit	8.00am - 9.00am	Swimfit
9.00am - 12.00pm	Schools	9.00am - 13.30pm	London Swim School
12.00pm - 1.30pm	Swimfit	1.30pm - 6.00pm	Public Swimming
1.30pm - 6.30pm	Schools / London Swim School	6.00pm - 8.00pm	Swimfit
6.30pm - 8.00pm	General Swimming		
8.00pm - 10.00pm	Swimfit		
<b>Wednesday</b>		<b>Sunday</b>	
7.00am - 9.00am	Swimfit	8.00am - 9.00am	Swimfit
9.00am - 12.00pm	Schools	9.00am - 12.00pm	Public Swimming
12.00pm - 1.30pm	Swimfit	12.00pm - 1.30pm	Swimfit
1.30pm - 6.30pm	Schools / London Swim School	1.30pm - 6.00pm	Public Swimming
6.30pm - 8.00pm	General Swimming	6.00pm - 8.00pm	Swimfit
8.00pm - 10.00pm	Swimfit		
<b>Thursday</b>			
7.00am - 9.00am	Swimfit		
9.00am - 12.00pm	Schools		
12.00pm - 1.30pm	Swimfit		
1.30pm - 6.30pm	Schools / London Swim School		
6.30pm - 8.00pm	General Swimming		
8.00pm - 10.00pm	Swimfit		

### Swim Safely Rules

- \*Non-swimmers and under 8s must be accompanied by a **competent adult swimmer**
- \***No more than two** non-swimmers or under 8s with each competent swimmer
- \*The competent adult swimmers must **actively** supervise under 8s and non-swimmers
- \*Non-swimmers must **remain in shallow water** and it is **strongly recommended** that they use armbands and/or rubber rings

<b>Disabled Swimming</b>	A special session for people with a disability in the Teaching Pool
<b>Swimfit</b>	Managed by ability with lanes available in the Main Pool
<b>General Swimming</b>	General swimming for all those who meet Swim Safely Rules
<b>Public Swimming</b>	General swimming for all those who meet Swim Safely Rules. Anyone over 60 or under 16 Years of age can swim for free in these sessions
<b>London Swim School</b>	GLL Swimming Lessons for Children & Adults
<b>Schools</b>	GLL School Swimming Lessons

