

Free Swimming at Lilian Baylis

Pool Timetable: 22 February – 1 April

All activities are **FREE**. Bookings for swimming lessons and community sessions must be made in advance. See contact details below.

Monday

9.30am – 11.45am	Schools
11.45am – 12.30pm	Men Only Lessons
12.30pm – 1.30pm	Men Only Public Swimming
1.30pm – 3.15pm	Schools
3.15pm – 4.00pm	Community Session
4.00pm – 6.00pm	Child Swimming Lessons
6.00pm – 7.00pm	Community Session
7.00pm – 8.30pm	Men Only Lessons

Tuesday

9.30am – 11.45am	Schools
11.45am – 12.30pm	Women Only Lessons
12.30pm – 1.30pm	Women Only Public Swimming
1.30pm – 3.15pm	Schools
3.15pm – 4.00pm	Parent & Baby
4.00pm – 6.00pm	Child Swimming Lessons
6.00pm – 7.00pm	Community Session
7.00pm – 8.30pm	Women Only Lessons

Wednesday

9.30am – 11.45am	Schools
11.45am – 12.30pm	Community Session
12.30pm – 1.30pm	Public Swimming
1.30pm – 3.15pm	Schools
3.15pm – 4.00pm	Community Session
4.00pm – 6.00pm	Child Swimming Lessons
6.00pm – 7.00pm	Community Session
7.00pm – 8.30pm	Adult Swimming Lessons

Thursday

9.30am – 11.45am	Schools
11.45am – 12.30pm	Community Session
12.30pm – 1.30pm	Public Swimming
1.30pm – 3.15pm	Schools
3.15pm – 4.00pm	Parent & Child
4.00pm – 6.00pm	Child Swimming Lessons
6.00pm – 7.00pm	Community Session
7.00pm – 8.30pm	Adult Swimming Lessons

Friday

9.30am – 11.45am	Schools
11.45am – 12.30pm	Community Session
12.30pm – 1.30pm	Public Swimming
1.30pm – 3.15pm	Schools
3.15pm – 4.00pm	Parent & Child
4.00pm – 6.00pm	Child Swimming Lessons
6.00pm – 7.00pm	Community Session
7.00pm – 8.30pm	Adult Swimming Lessons

Saturday

9.30am – 12.00pm	Child Swimming Lessons
12.00pm – 12.45pm	Public Swimming
1.00pm – 1.45pm	Public Swimming
2.00pm – 2.45pm	Public Swimming
3.00pm – 3.45pm	Public Swimming
4.00pm – 4.45pm	Public Swimming
5.00pm – 6.00pm	Public Swimming

Sunday

9.30am – 11.45am	Public Swimming
12.00pm – 12.45pm	Public Swimming
1.00pm – 1.45pm	Public Swimming
2.00pm – 2.45pm	Public Swimming
3.00pm – 3.45pm	Public Swimming
4.00pm – 4.45pm	Public Swimming
5.00pm – 6.00pm	Public Swimming

Public Swimming - Open session for everyone who meets swim safely criteria

Swimming Lessons – Bookings must be confirmed in advance using the contact details below

Community Session – Suitable for youth / community groups to book in advance

Women Only – Female lifeguards and teachers

Parent & Baby – Sign up weekly at the pool, swim safely entry rules apply

Swim Safely Entry 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 adult swimmer
- The competent adult swimmer must **actively supervise** under 8s and non-swimmers
- Non-swimmers must **remain in shallow water** and it is strongly recommended that they use armbands

Other Details

Pool Size	12m x 6m and 0.9m deep. Max capacity is 30 swimmers
Email	mobilepooladmin@swimming.org
Website	www.makeasplashlondon.org www.gll.org
Phone	07810447145
Address	Lollard Street, SE11 6PY

