

# Edenbridge Leisure Centre

2 January - 14 February 2021




## Main pool

	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	21:30	
MONDAY	Lane Swim 06:30-07:30		Lane Swim 08:00-09:00		70+ VA 09:30-10:30		Lane Swim 11:00-12:00	Lane Swim 12:30-13:30	Lane Swim 14:00-15:30	Family Swim 14:00-15:30	Swimming Lessons 16:00-17:00	Express Swim 17:15-17:45	Swim Club 18:00-20:15			Lane Swim 20:30-21:15		
TUESDAY	Lane Swim 06:30-07:30		Lane Swim 8:00-9:00		Lane Swim 09:30-10:30		Lane Swim 11:00-12:00	Lane Swim 12:30-13:30	School Swim 14:00-14:30	Express Swim 15:00-15:30	Swimming Lessons 16:00-17:30		Lane Swim 18:00-19:00	Family Swim 18:00-19:00		Lane Swim 19:30-20:30		
WEDNESDAY	Lane Swim 06:30-07:30		Lane Swim 08:00-09:00		Lane Swim 09:30-10:30		Lane Swim 11:15-12:00	Lane Swim 12:30-13:30	Lane Swim 14:00-15:30	Family Swim 14:00-15:30	Swimming Lessons 16:00-17:30		Swim Club 18:00-20:30					
THURSDAY	Lane Swim 06:30-07:30		Lane Swim 08:00-09:00		Lane Swim 09:30-10:30		70+ & VA 11:00-12:00	Lane Swim 12:30-13:30	Lane Swim 14:00-15:30	Family Swim 14:00-15:30	Swimming Lessons 16:00-17:00	Express Swim 17:15-17:45	Swim Club 18:00-19:30			Lane Swim 19:45-20:45		
FRIDAY	Lane Swim 06:30-07:30		Lane Swim 08:00-09:00		Lane Swim 09:30-10:30		Lane Swim 11:00-12:00	70+ & VA 12:30-13:30	School Swim 14:00-14:30	Express Swim 15:00-15:30	Swimming Lessons 16:00-17:00	Express Swim 17:15-17:45	Swim Club 18:00-20:30					
SATURDAY			Swimming Lessons 08:00-10:30				Lane Swim 11:00-11:45	Family Swim 12:00-13:00	Family Swim 13:30-14:30	Family Swim 15:00-16:00								
SUNDAY			Swimming Club* 08:00-09:30		Lane Swim 09:45-10:30		Family Swim 11:00-12:00	Family Swim 12:30-13:30	Family Swim 14:00-15:00	Express Swim 15:30-16:00								
			Gentle Swim 08:15-09:00															

This programme may be subject to change.  
Swim rules apply. See [sencio.org.uk/edenbridge/swim](http://sencio.org.uk/edenbridge/swim)

# Teaching pool


	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
MONDAY			Family Swim 08:00-09:00		Family Swim 09:30-10:30		Family Swim 11:00-12:00		Family Swim 12:30-13:30		Family Swim 14:00-15:00		Swimming Lessons 16:00-18:00		
TUESDAY			Family Swim 08:00-09:00		Family Swim 09:30-10:30		Family Swim 11:00-12:00		Family Swim 12:30-13:30		Family Swim 14:00-15:00		Swimming Lessons 16:00-18:00		
WEDNESDAY			Family Swim 08:00-09:00		Family Swim 09:30-10:30		Family Swim 11:00-12:00		Family Swim 12:30-13:30		Family Swim 14:00-15:00		Swimming Lessons 16:00-18:00		
THURSDAY			Family Swim 08:00-09:00		Family Swim 09:30-10:30		Family Swim 11:00-12:00		Family Swim 12:30-13:30		Family Swim 14:00-15:00	Family Swim 15:30-16:30	Swimming Lessons 17:00-18:00		
FRIDAY			Family Swim 08:00-09:00		Family Swim 09:30-10:30		Family Swim 11:00-12:00		Family Swim 12:30-13:30		Family Swim 14:00-15:00	Family Swim 15:30-16:30	Swimming Lessons 17:00-18:00		
SATURDAY			Swimming Lessons 08:00-10:00			Family Swim 11:00-12:00		Family Swim 12:30-13:30		Family Swim 14:00-15:00					
SUNDAY			Family Swim 08:00-09:00		Family Swim 09:30-10:30		Family Swim 11:00-12:00		Family Swim 12:30-13:30		Family Swim 14:00-15:00				

 = Lane swim

Swimming for all abilities. Ages 8-14 years must be accompanied by a responsible adult and continuous swimming is required. Backstroke is prohibited. Lifeguard may ask users to switch lanes if required.

**Express swim:**

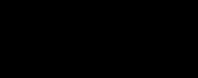
30 minute adult-only lane swim

 = Family swim


Maximum of 4 persons including at least one adult. Standard Under 8s rules apply

 = 70+

Lane swimming reserved for vulnerable adults and users over 70

 = Changeover

Scheduled cleaning between sessions. No entry during these times

 = Pool booked

Swimming pool is booked for classes, swim clubs, swimming lessons or schools. No public swimming is available in these sessions.

**Aqua:**

An aerobic workout in the pool, designed to take the pressure off the body's joints and give an all over body workout. Suitable for all ages. Book with reception or online

**Swimming lessons:**

We offer a comprehensive Swim England programme covering all levels of ability

**Swim club**

Swim club with 3 lanes



**Book online (members):** [sencio.org.uk/book](https://sencio.org.uk/book)

**Non members can book by calling reception**

**Contact the centre:** 01732 865665 [elc@sencio.org.uk](mailto:elc@sencio.org.uk)

**Swim rules and COVID secure procedues:** [sencio.org.uk/swimrules](https://sencio.org.uk/swimrules)