

Edenbridge Leisure Centre

11 - 24 October 2021



PLEASE NOTE: This programme may subject to change. Check sencio.org.uk/edenbridge/swim for the latest programmes

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 06:30-07:45		Lane Swim 08:00-09:30		Lane Swim 10:00-11:00	70+ & VA 11:05-12:00	Lane Swim 12:00-13:45		School Swim 14:00-14:30 *	Public Swim 14:40-16:40		Lane Swim 16:45-17:45		Swim Club 18:00-21:30			Public Swim 20:15-21:30
TUESDAY	Lane Swim 06:30-07:45		Lane Swim 08:00-09:30		Aquafit 10:00-11:00	Public Swim 11:05-12:00	Lane Swim 12:00-13:45		Public Swim 13:45-15:30			Swimming Lessons 16:00-18:00		Public Swim 18:15-19:55		Lane Swim 20:00-21:00	
WEDNESDAY	Lane Swim 06:30-07:45		Lane Swim 08:00-09:30		Aquafit 10:00-11:00	70+ & VA 11:05-12:00	Lane Swim 12:00-13:45		Public Swim 13:45-15:30			Swimming Lessons 16:00-18:00		Swim Club 18:15-20:45			
THURSDAY	Lane Swim 06:30-07:45		Lane Swim 08:00-09:30		Lane Swim 10:00-11:00	Public Swim 11:05-12:00	Lane Swim 12:00-13:15		School Swim 13:30-14:30 ***	Public Swim 14:40-15:30		Swimming Lessons 16:00-18:00		Swim Club ² 18:00-19:30		Lane Swim 19:30-21:00	
FRIDAY	Lane Swim 06:30-07:45		Lane Swim 08:00-09:30		Aquafit 10:00-11:00	70+ & VA 11:05-12:00	Lane Swim 12:00-13:45		Public Swim 13:45-15:30			Swimming Lessons 16:00-17:00	Lane Swim 17:05-18:00		Swim Club 18:15-20:30		
SATURDAY			Lane Swim 08:00-08:45		Swimming Lessons 09:00-10:30		Public Swim 10:45-12:00	Family Swim 12:00-15:15				Birthday Pool Party (Enquire Within)					
SUNDAY			Swim Club ³ 08:00-09:30		Lane Swim 09:45-10:45		Public Swim 10:45-12:00	Family Swim 12:00-15:15				Birthday Pool Party (Enquire Within)					
			Gentle Swim 08:00-09:30														

* - Lessons running 18 October - 06 December 2021

*** - Lessons running 23 September - 14 October 2021

Advanced booking is advisable for Lane Swim, 70+/VA and Gentle Swim. Booking is not available for other sessions.



Please Note: If a session is full, you may not be permitted entry to the session.

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	21:00	
MONDAY	[Hatched]					Parent & Baby 10:30-11:30	Family Swim 11:45-15:30				CLEANING	Swimming Lessons 16:00-17:30	[Hatched]				
TUESDAY						[Hatched]						Family Swim 10:00-15:30					
WEDNESDAY	[Hatched]					Family Swim 10:00-15:30				Swimming Lessons 16:00-18:00							
THURSDAY	[Hatched]					Parent & Baby 10:30-11:30	Family Swim 11:45-15:30					Swimming Lessons 16:00-18:00	[Hatched]				
FRIDAY						[Hatched]						Family Swim 10:00-16:50					
SATURDAY	[Hatched]		Swimming Lessons 08:00-09:30	[Hatched]	Family Swim 10:00-13:30			[Hatched]	Birthday Pool Party (Enquire Within)	[Hatched]							
SUNDAY	[Hatched]				Musical Hour 09:00-10:30	Family Swim 10:30-13:30			[Hatched]	Birthday Pool Party (Enquire Within)		[Hatched]					

Please Note: If a session is full, you may not be permitted entry to the session.

Under 8s policy: one adult to two children where children are 4 years or younger or, one adult to three children where at least two children are over 4 years but under 8. Children under the age of 8 must be accompanied in the water by a parent, guardian or swimming adult who must be over the age of 16 years.

	= Lane swim	Booking Advised. 3 lanes available at slow, medium and fast pace for continuous swimming. Swimmers must be able to swim 1 length of the main pool at a minimum.
	= Public swim	No Booking Required. An open pool and families are also welcome.
	= Family swim	No Booking Required: Open pool for families to swim. Bookable for the main pool and teaching pool for all abilities. Small inflatable balls and toys permitted.
	= Fun session	No Booking Required. Floats n' Fun and Inflatable sessions in Main Pool Only. Musical Hour (age appropriate Music) in Teaching Pool Only. Under 8 rules apply. Inflatable sessions you must be able to swim 1 length of the main pool as a minimum.
	= 70+/VA /Primetime	Booking Advised. Reserved for users over-70 and vulnerable adults.
	= Gentle swim	Booking Advised. A gentle, unrushed swim; all swimming abilities welcome.
	= Pool closed	No entry is permitted during these times.
	= Cleaning	Timetabled cleaning for poolside and changing village. No entry is permitted during these times.
	= Booked	Swimming pool is booked for classes, swim clubs, swimming lessons or schools. No public swimming is available in these sessions.

Swimming lessons: We offer a comprehensive Swim England programme covering all levels of ability.
Swim club: The main pool is hired externally for use by local clubs to train for competitions and other activities.
Schools: Local schools visit the centre to complete swimming lessons as part of the National Curriculum.
Aquafit: A water-based aerobic workout designed to take the pressure off the joints and work the whole body.
Parties: Sessions reserved for children's parties. See sencio.org.uk/edenbridge/parties for more information

Book online: sencio.org.uk/book or **by calling reception.**

Contact the centre: 01732 865665 elc@sencio.org.uk

Swim rules and more information: sencio.org.uk/edenbridge/swim