

Southbury Tel: 020 8245 3201 Southbury Public Swim Times



Aspire All Inclusive Membership

Why not join our Aspire Membership and benefit from unlimited use at all our leisure centres.

- Swimming
- Fitness Gym
- Fitness Classes
- Sauna & Steam
- Badminton/Table Tennis
- Preferential 7 day booking
- Over 50s Activity Days
- Health & Beauty Discounts

For further details and to join see one of our membership sales advisors, reception desk or phone our membership information line 020 8245 5191.

Learn to Swim



The Learn to Swim programme can be booked at Southbury Leisure Centre or any of our pools running the programme. All enquiries and bookings can be made at reception. Please note we can not take bookings over the phone.

GENERAL INFORMATION Public swimming times are correct at time of printing. You are advised to check with reception as times may vary. Public swimming times will vary during school holiday periods.

SWIM SAFELY Children who are under the age of 8 years and are not accompanied by a responsible competent adult over the age of 16 years, will not be permitted admission.

- No more than 2 non swimmers or under 8s to each competent adult swimmer.
- The competent swimmer MUST actively supervise under 8s and non swimmers in the water.
- Non swimmers MUST remain in shallow water.
- Swimming aids can be purchased from reception.

In addition to public swimming there are a number of dedicated swimming sessions for adults only, women only, lane swimming, aquafit classes, children's fun pool sessions and pool parties. For full details see reception or our website.



www.enfieldleisurecentres.co.uk

Time to swim
January - March 2010

Southbury Public Swim Times

	MAIN POOL	TEACHING POOL
Monday	7.00am - 9.00am (Adults Only)	
	12.15pm - 1.15pm	12.15pm - 1.15pm
	4.00pm - 7.00pm* (Sauna & Steam Only)	
	7.00pm - 10.00pm	7.00pm - 8.30pm
Tuesday	7.00am - 9.00am (Adults Only)	9.30am - 12.00pm (Women & Toddlers)
	9.30am - 11.00am (Women Swim Sauna & Steam)	
	11.00am - 12.00pm (Aqua-Fit)	
	12.15pm - 1.15pm	12.15pm - 1.15pm
	4.00pm - 7.00pm* (Sauna & Steam Only)	
	7.00pm - 8.20pm	7.00pm - 8.00pm
Wednesday	7.00am - 9.00am (Adults Only)	
	9.30am - 12.00pm	9.30am - 12.00pm (Adults & Toddlers)
	12.15pm - 1.15pm	12.15pm - 1.15pm
	4.00pm - 7.45pm (half pool from 6.00pm)	4.00pm - 7.45pm
	7.45pm - 10.00pm* (Sauna & Steam Only)	
Thursday	7.00am - 9.00am (Adults Only)	
	9.30am - 12.00pm (Adults Only)	9.30am - 12.00pm (Adults & Toddlers)
	12.15pm - 1.15pm	12.15pm - 1.15pm
	4.00pm - 10.00pm	4.00pm - 8.30pm
Friday	7.00am - 9.00am (Adults Only)	
	9.30am - 10.45am (Adults Only)	
	11.00am - 12.00pm (Aqua-Fit)	
	12.15pm - 4.00pm	12.15pm - 1.15pm
	4.00pm - 10.00pm* (Sauna & Steam Only)	2.30pm - 4.00pm
Saturday	8.00am - 9.45am	9.30am - 5.00pm
	10.00am - 11.00am (Aqua-Fit)	
	11.00am - 5.00pm	
Sunday	9.00am - 8.00pm	9.30am - 6.00pm

Please Note:

- All public swimming times are subject to change, please check availability with reception.
- Public swimming times may vary during school holiday periods, please check availability with reception.
- Please note that it may be necessary to introduce sessions during busy public times.
- Please note that Southbury holds a number of large gala events which will mean changes to the advertised public times.
- The Water Flumes will be open subject to availability during public swimming sessions - please check with reception (Edmonton Leisure Centre ONLY).
- Sauna & Steam facilities are available during public swimming times and some non-public swimming times - please check with reception.
- The Learn to Swim programme can be booked from the centre of your choice. Please note that phone bookings are not available.

* Sauna & Swim available only No Swimming