

Southgate Tel: 020 8882 7963
 & Arnos Tel: 020 8361 9336

Southgate Public Swim Times
 & Arnos



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 Southgate 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.

Time to swim

January - March 2010



www.enfieldleisurecentres.co.uk

Southgate/Arnos Public Swim Times

	SOUTHGATE LEISURE CENTRE	ARNOS POOL	
Monday	7.00am - 9.00am		Public Swimming (Adults only)
		7.30am - 8.30am	Public Swimming (Adults only)
	9.30am - 11.30am		50+ Sauna, steam and swim Deep End Only
	12.00pm - 1.00pm		Public Swimming (Adults only)
		12.30pm - 1.30pm	Public Swimming
	1.00pm - 9.45pm		Public Swimming
Tuesday	6.00am - 9.00am		Public Swimming (Adults only)
		7.30am - 8.30am	Public Swimming (Adults only)
	9.00am - 11.00am		Ladies only activities
	10.00am - 10.45am		Aquafit
	12.00pm - 1.00pm		Public Swimming (Adults only)
		12.30pm - 1.30pm	Public Swimming
	1.00pm - 9.45pm		Public Swimming
Wednesday	6.00am - 9.00am		Public Swimming (Adults only)
		7.30am - 8.30am	Public Swimming (Adults only)
	9.00am - 11.30am		50+ Sauna, steam, swim and Aquafit
	12.00pm - 1.00pm		Public Swimming (Adults only)
	12.30pm - 1.30pm	Public Swimming	
Thursday	6.00am - 9.00am		Public Swimming (Adults only)
		7.30am - 8.30am	Public Swimming (Adults only)
	12.00pm - 1.00pm		Public Swimming (Adults only)
		12.30pm - 1.30pm	Public Swimming
	1.00pm - 9.45pm		Public Swimming
Friday	7.00am - 9.00am		Public Swimming (Adults only)
		7.30am - 8.30am	Public Swimming (Adults only)
	12.00pm - 1.00pm		Public Swimming (Adults only)
		12.30pm - 1.30pm	Public Swimming
	1.00pm - 6.45pm		Public Swimming
Saturday	7.00am - 8.00am		Public Swimming (Adults only)
	10.45am - 2.45pm		Public Swimming
Sunday	8.00am - 2.45pm		Public Swimming
		2.00pm - 3.00pm	Public Swimming
	5.25pm - 6.25pm		Public Swimming (Ladies only)

- 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.
 - 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.