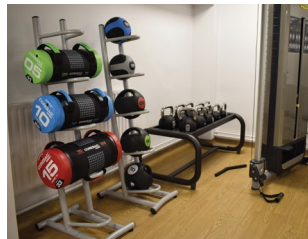


FITNESS SUITE OPENING TIMES

DAY	OPENING HOURS	
MON	7am - 8am	5pm - 9.45pm
TUES		5.15pm - 9.45pm
WED	7am - 8am	5pm - 9.45pm
THURS		5.15pm - 9.45pm
FRI	7am - 8am	4pm - 9.45pm
SAT	8.15am - 7pm	
SUN	8.15am - 7pm	



Get more out of your membership!

As well as the pool and fitness suite there are 30 fantastic group exercise classes a week to choose from including Insanity, Zumba, Aqua Aerobics and Group Cycling.

With great value memberships that include access to all the facilities plus tennis and badminton, Croydon High Sports Club is a great place to stay healthy with friends and family.

Ask for details of our Fitness Classes at reception, call 020 8657 9313 or visit www.croydonsportsclub.co.uk for more info.

Fitness Suite Timetable Swimming Pool Timetable



Timetable effective
from 1st September 2017

Croydon High Sports Club
Croydon High School,
Old Farleigh Road,
Selsdon, South Croydon CR2 8YB

Call us for more info
on **020 8657 9313** or visit
www.croydonsportsclub.co.uk

SWIMMING POOL OPENING HOURS

TERM TIME OPENING HOURS										
	7am - 8am	6pm			7pm			8pm	9pm - 10pm	
MON	Adults		General 6.15pm - 7.15pm			Adults (Half Pool) 7.15pm - 8.15pm		General 8.15pm - 9pm	Adults 9pm - 9.45pm	
TUES				General 7.15pm - 8.15pm			Aqua 8.15pm - 9pm	Adults 9pm - 9.45pm		
WED	Adults		General 6.15pm - 7.30pm					Adults (Half Pool) 8.15pm - 10pm		
THU			General* 6.15pm - 8.15pm					Aqua 8.15pm - 9pm	Adults 9pm - 9.45pm	
FRI	Adults	General 4pm - 6pm						Adults 8.30pm - 9.30pm		
WEEKEND OPENING HOURS										
	8.15am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm
SAT	Adults 8.15-9.30	General* 9.30am - 11.30am				General 1.30pm - 4pm		Party	Fun Session 5pm-6pm	General 6pm - 7pm
SUN	Adults 8.15-9.30	General 9.30am - 12pm		Fun Session 12pm - 1.30pm		General 1.30pm - 4pm		Party	Fun Session 5pm-6pm	General 6pm - 6.45pm

TIMETABLE NOTES

- Adult Sessions are for 18 years +
- General Sessions are for all ages – up to a maximum of 2 swimming lanes may be in the pool at any time
- Fun Sessions – there will be no lanes in the pool
- During Aqua the deep end of the pool is NOT open for swimming
- Party – General swimming if the pool's free – please call to check availability
- Closed – not open to members

*Lifeguard training takes place in the pool once a month on Thursdays 7pm-8pm, and Saturdays 10.30-11.30am. Half of the pool will be used for training, and the other half will be used for members' swimming. No lanes will be available during this period. Please call to check the training schedule.