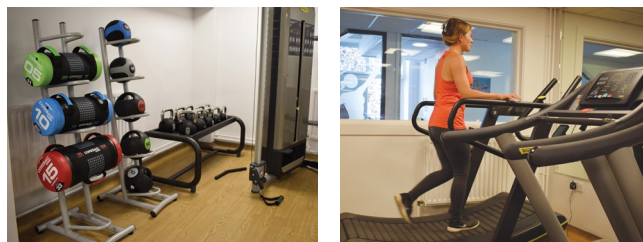


FITNESS SUITE OPENING TIMES

DAY	OPENING HOURS		
MON	7am-9.15am	9.15am-4pm CLOSED	4pm-10pm
TUES	7am-9.15am	9.15am-4pm CLOSED	4pm-10pm
WEDS	7am-9.15am	9.15am-4pm CLOSED	4pm-10pm
THUR	7am-9.15am	9.15am-4pm CLOSED	4pm-10pm
FRI	7am-9.15am	9.15am-4pm CLOSED	4pm-10pm
SAT	7.45am-6.45pm		
SUN	8.15am-6.45pm		



Staying COVID-19 Secure

All activities must be booked in advance. Sports Club members can book 8 days in advance. Online bookings are available for members; bookings can also be made by phone or email. The Sports Club Office is not staffed full-time so online bookings are recommended.

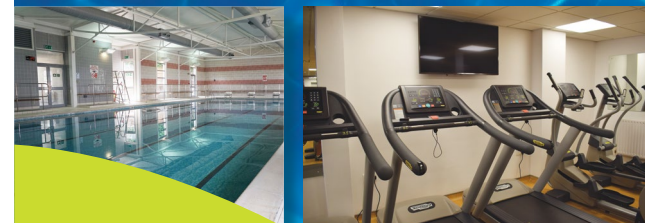
Please follow all club rules and help us manage the risk of COVID-19. These can be found on our website and are displayed at the club entrance.

Please do not arrive for scheduled activities too early and maintain social distancing at all times.

Thank you!

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
25th July-30th August 2020**

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

**Term times only.
See website for school holiday times.
www.croydonsportsclub.co.uk**

SWIMMING POOL OPENING HOURS

WEEKDAY OPENING HOURS

	7am-8am	8.30am-9.30am	9.30am-4pm	4pm-5pm	5.30pm-6.30pm	7pm-8pm	8.30pm-9.30pm
MON	Adult Swim	Adult Swim	CLOSED	General Swim	General Swim	Adult Swim	Adult Swim
TUES	Adult Swim	Adult Swim	CLOSED	General Swim	General Swim	Aqua Fit	Adult Swim
WEDS	Adult Swim	Adult Swim	CLOSED	General Swim	Adult Swim	General Swim	Adult Swim
THUR	Adult Swim	Adult Swim	CLOSED	General Swim	General Swim	Aqua Fit	Adult Swim
FRI	Adult Swim	Adult Swim	CLOSED	General Swim	Adult Swim	General Swim	Adult Swim

WEEKEND OPENING HOURS

	7.45am-8.45am	9.15am-10.15am	10.45am-11.45am	12.15pm-1.15pm	1.45pm-2.45pm	3.15pm-4.15pm	4.45pm-5.45pm
SAT	Adult Swim	General Swim	Adult Swim	General Swim	General Swim	General Swim	Adult Swim
SUN	Adult Swim	General Swim	Adult Swim	General Swim	General Swim	General Swim	Adult Swim

TIMETABLE NOTES

- Adult Sessions are for 16 years +
- General Sessions are for all ages – no lanes available
- The pool is closed for swimming during the Aqua Fit class

CHILDREN

- No child under the age of 16 shall be admitted to the pool area unless accompanied by a swimming adult member and only at the specifically designated Family Members Sessions.
- A strict swimming ratio of 1 adult per 2 under 8's must be adhered to at all times. The adult must be in the water at all times