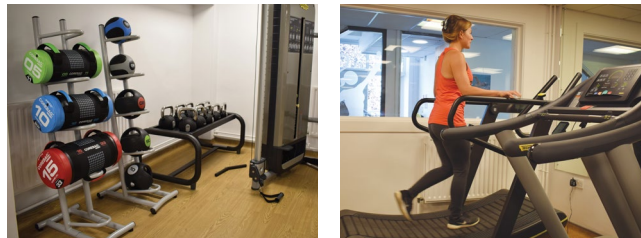


## FITNESS SUITE OPENING TIMES

DAY	OPENING HOURS		
MON	7am-8am	8am-5pm CLOSED	5pm-10pm
TUES	7am-8am	8am-5pm CLOSED	5pm-10pm
WEDS	CLOSED		5pm-10pm
THUR	CLOSED		5pm-10pm
FRI	7am-8am	8am-4pm CLOSED	4pm-10pm
SAT	7.45am-7pm		
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, non-members 7 days in advance for group exercise classes. Online bookings are available for members; bookings can also be made by phone or email. We regret that we are currently not allowing entry for non-members for swimming, badminton or the fitness suite.

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](http://www.croydonsportsclub.co.uk) for more info.

## Fitness Suite Timetable Swimming Pool Timetable



Timetable effective from  
1st September 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](http://www.croydonsportsclub.co.uk)

# SWIMMING POOL OPENING HOURS

WEEKDAY OPENING HOURS							
	6.45am-7.30am	7.30am-8.15am		6.15pm-7.15pm	7.45pm-8.30pm	9pm-9.45pm	
MON	Adult Swim	Adult Swim		General Swim	Aqua Fit	Adult Swim	
	6.45am-7.30am	7.30am-8.15am		6.15pm-7.15pm	7.45pm-8.30pm	9pm-9.45pm	
TUES	Adult Swim	Adult Swim		General Swim	Adult Swim	Adult Swim	
					7.45pm-8.30pm	9pm-9.45pm	
WEDS					General Swim	Adult Swim	
			5.15pm-6pm	6.30pm-7.15pm	7.45pm-8.30pm	9pm-9.45pm	
THUR			General Swim	Adult Swim	Aqua Fit	Adult Swim	
	6.45am-7.30am	7.30am-8.15am	3.45pm-4.30pm	5pm-5.45pm		8.30pm-9.30pm	
FRI	Adult Swim	Adult Swim	Ready, Steady, Swim	General Swim		Adult Swim	

WEEKEND OPENING HOURS							
	7.45am-8.45am	9.15am-10.15am		1pm-2pm	2.30pm-3.30pm	4pm-5pm	5.30pm-6.30pm
SAT	Adult Swim	General Swim		General Swim	General Swim	Adult Swim	General Swim
	8.15am-9.15am	9.45am-10.45am	11.15am-12.15am	12.45pm-1.45pm	2.15pm-3.15pm	3.45pm-4.45pm	5pm-6.30pm
SUN	Adult Swim	General Swim	Adult Swim	General Swim	General Swim	General Swim	Private Hire/Staff Training

## 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
- Access the pool at the rear exit by the tennis courts. Arrive swim ready, with costume on under clothing as changing rooms will not be available until 4pm.

## 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