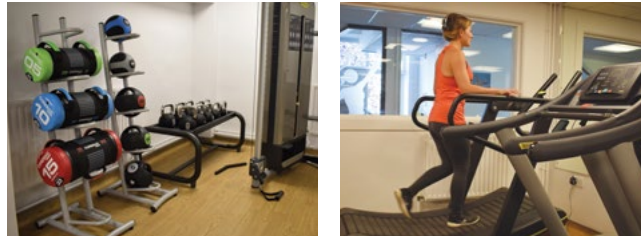


FITNESS SUITE OPENING TIMES

| DAY | OPENING HOURS | | |
|------|------------------|----------------------|----------|
| MON | 6.45am-8.15am | 8.15am-5pm CLOSED | 5pm-10pm |
| TUES | 6.45am-8.15am | 8.15am-5pm CLOSED | 5pm-10pm |
| WEDS | OPEN 5pm-10pm | | |
| THUR | OPEN 5pm-10pm | | |
| FRI | 6.45am-8.15am | 8.15am-4pm CLOSED | 4pm-10pm |
| SAT | 7.30am-6.45pm | | |
| SUN | 7.30am-6.45pm | | |



Get more out of your membership!

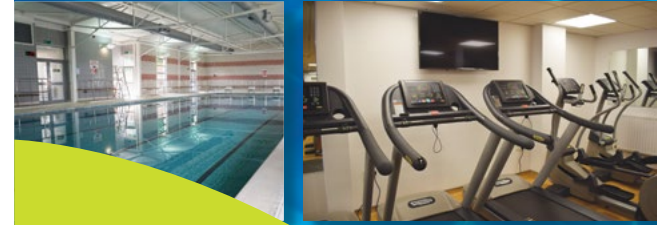
As well as the pool and fitness suite there are 40 fantastic group exercise classes a week to choose from including Boot Camp, Zumba, Aqua Aerobics and Group Cycling.

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.

Email croydonhighsportsclub@cry.gdst.net for more info.

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



Spring 2026
Effective from 5th January 2026

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

www.croydonsportsclub.co.uk

SWIMMING POOL OPENING HOURS ~ SPRING 2026

| WEEKDAY OPENING HOURS | | | | | | |
|-----------------------|---------------|--|---------------|---------------|------------------------|---------------|
| | 6.45am-8.15am | | | 6.15pm-7.45pm | 7.45pm-8.30pm | 8.30pm-9.45pm |
| MON | Adult Swim | | | General Swim | Aqua Fit | Adult Swim |
| | 6.45am-8.15am | | 6.15pm-7.30pm | 7.30pm-8.15pm | 8.15pm-9pm | 9pm-9.45pm |
| TUES | Adult Swim | | General Swim | CLOSED | Adult Swim (half pool) | Adult Swim |
| | | | | | 7.15pm-8.30pm | 8.30pm-9.45pm |
| WEDS | | | | | General Swim | Adult Swim |
| | | | | 6.30pm-7.45pm | 7.45pm-8.30pm | 8.30pm-9.45pm |
| THUR | | | | General Swim | Aqua Fit | Adult Swim |
| | 6.45am-8.15am | | | 4pm-6pm | 6pm-8.30pm | 8.30pm-9.45pm |
| FRI | Adult Swim | | | General Swim | CLOSED | Adult Swim |

| WEEKEND OPENING HOURS | | | | | | | |
|-----------------------|------------|--------------|--------------|--------------|-------------|---------------|---------------|
| | 7.30am-9am | 9am-10am | 10am-12.30pm | 12.30pm-2pm | 2pm-4.30pm | 4.30pm-5.30pm | |
| SAT | Adult Swim | General Swim | CLOSED | General Swim | Fun Session | Adult Swim | |
| | 7.30am-9am | 9am-10am | 10am-12pm | 12pm-2pm | 2pm-3pm | 3pm-4pm | 4pm-4.45pm |
| SUN | Adult Swim | General Swim | CLOSED | General Swim | Fun Session | Adult Swim | Aqua Fit |
| | | | | | | | 4.45pm-5.45pm |
| | | | | | | | General Swim |

TIMETABLE NOTES

- Adult Sessions are for 16 years+. Saturday and Sunday afternoon Adult swim sessions will be ½ pool once a month for staff training. Ask at reception for dates.
- General Sessions are for all ages – 2 lanes available.
- The pool is closed for swimming during Aqua Fit classes.
- Fun Sessions are for all ages, no lanes available. Members are welcome to bring own floats and small inflatable toys, no air beds or rafts.

CHILDREN

- No child under the age of 16 shall be admitted to the pool area unless accompanied by a swimming adult member and only during General or Fun 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