

## Class Descriptions

### Aquafit

Instructor led classes within the water

### Adult swim

The pool is made available exclusively for adults to enjoy a quiet relaxing swim

### General swim

All members of the public are welcome during this session (free swimming for those 16 and under and 60+)

### Women only sessions

When available, these sessions are available for adult females only

## Swimming prices:

Adult - £3.80  
Child - £1.90  
Over 60s - FREE  
Under 16's registered card holders - FREE  
Spectators (MUST accompany swimmer) - £1.00  
Lockers - 20p  
Please do not leave belongings in a cubicle.

## Poolside sauna cabin and steam room

To compliment your swim why not relax afterwards with a sauna and steam session? Use of the poolside sauna / steam rooms is available with our membership. Sauna and steam sessions can also be purchased individually during public swimming sessions. Please note that juniors under 17 years are not permitted in the sauna and steam rooms.

## Sauna and steam prices (includes swim):

Adult - £7.00  
Energy Concession Card - £3.50

### Please note:

Swimming sessions may apply during busy periods such as school holidays. Public swim sessions can be subject to change please check with reception. Free swim cards MUST be shown at reception. Swim cards may not be processed during busy periods.

Southbury is home to many local and regional galas therefore public swimming times, particularly at weekends, are subject to change. A list of gala dates can be found at reception or at [www.enfield-leisure.com](http://www.enfield-leisure.com). You are advised to contact Southbury Leisure Centre to check public swimming availability.



## General Information

Welcome to the pool programme for Southbury Leisure Centre. We aim to provide an affordable and diverse range of quality leisure facilities and activities for all.

### Pool Admission Policy:

#### Children aged 0-3:

One responsible person aged 17 years or above may accompany and supervise a maximum of 1 child within this age group.

#### Children aged 4-7:

One responsible person aged 17 years or above may accompany and supervise a maximum of 2 children within this age group.

Please see our Swimming Pool Users Safety Code leaflet available at all receptions.

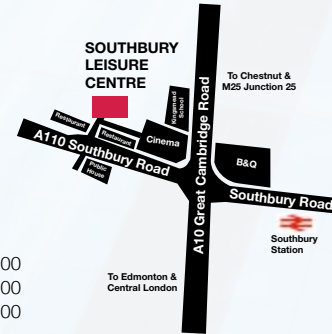
**Just In Time:** The last ticket for entry into the pool is 30 minutes prior to closing. Last entry to the gym is one hour prior to closing.

**Late Admission:** Please note that to ensure class continuity and enjoyment for all, no admittance will be permitted 10 minutes after the class has started.

**Dress Code:** Only swimmers wearing costumes/trunks may enter the pool. Cut down shorts, jeans, shorts worn below the knee or T-shirts must not be worn in the water

## Where To Find Us

**Southbury Leisure Centre**  
192, Southbury Road, Enfield,  
Middlesex EN1 1YP  
**Tel:** 020 8245 3201



## Opening Times

Mon & Wed	06:30 - 23:00
Tue/Thu/Fri	07:00 - 23:00
Sat/Sun	08:00 - 22:00

[www.enfield-leisure.com](http://www.enfield-leisure.com)

This information is also available in **LARGE PRINT** at your local leisure centre.

We welcome your comments on our centres, programmes and services. Please complete a Please Tell Us What You Think card at your local centre to give us your feedback.

Your Enfield Leisure Centres are brought to you by Enfield Council in partnership with Fusion – an experienced sport and leisure management organisation. As a registered charity, Fusion continually reinvests to improve the sport & leisure offer in your community.

# POOL TIMETABLE

SOUTHBURY LEISURE CENTRE

Monday 26th July to  
Sunday 29th August 2010

Southbury Leisure Centre Summer Swimming Timetable

Main Pool	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday	Closed	Adult Swim		Closed	General Swim		Closed	General Swim		Closed	General Swim					
Tuesday	Closed	Adult Swim		Closed	Women Only Swim	Aquafit	Closed	General Swim		Closed	General Swim		Closed	General Swim		Sauna & Steam
Wednesday	Closed	Adult Swim		Closed	Adult Swim		Closed	General Swim		Closed		General Swim 1/2 Pool from 18:00			Sauna & Steam	
Thursday	Closed	Adult Swim		Closed	General Swim		Closed	General Swim		Closed		General Swim				
Friday	Closed	Adult Swim		Closed	Adult Swim	Aquafit	Closed	General Swim		Closed	General Swim		Closed	General Swim	Closed	Sauna & Steam
Saturday	Closed		General Swim		Closed	Aquafit	General Swim		Closed	General Swim			Closed			
Sunday	Closed			General Swim		Closed	General Swim		Closed	General Swim			Closed	General Swim	Closed	

Learning Pool	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday	Closed					General Swim	General Swim	Closed				General Swim			Closed	
Tuesday	Closed					Parent & Toddler	General Swim		Closed	General Swim		Closed	General Swim			Closed
Wednesday	Closed					Parent & Toddler	General Swim		Closed			General Swim			Closed	
Thursday	Closed					General Swim	General Swim		Closed			General Swim			Closed	
Friday	Closed					General Swim	General Swim		Closed	General Swim		Closed	General Swim	Closed		
Saturday	Closed				General Swim			Closed	General Swim			Closed				
Sunday	Closed				General Swim		Closed	General Swim		Closed	General Swim			Closed		

Please Note: Bank Holiday Monday 30th August; 7.00am - 9.00am - Adults Only Swim. 9.30am - 11.30am - Public Swim. 12.00pm - 2.30pm - Public Swim.