



London Borough
of Hounslow

Centre Programme

Summer 2010



**New
Chiswick
Pool**



Pool Timetable

Last entry is 30 minutes before closing time

Main Pool Term time	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	Swim 4 Fitness Lanes		Adult & Toddler	AquaFit (deep water)	AquaFit (shallow water)	Swim 4 Fitness Lanes		General Swim		Lessons			Swim 4 Fitness Lanes		
				General Swim	General Swim (shallow water)	General Swim (deep water)										
Tuesday	Closed	Swim 4 Fitness Lanes		School Lessons			Swim 4 Fitness	Schools	General Swim	Lessons			Swim 4 Fitness Lanes			
										General Swim			Club Use			
Wednesday	Closed	Swim 4 Fitness Lanes		General Swim	Over 50's Morning		Swim 4 Fitness Lanes		Lessons	Staff Training	Lessons		Lessons	Adult Lessons	General Swim	
				People with Disabilities				General Swim							General Swim	
Thursday	Closed	Swim 4 Fitness Lanes		School Lessons			Swim 4 Fitness Lanes		General Swim		Lessons		Women's Evening		Adult Only Swim 4 Fitness	
											General Swim					
Friday	Closed	Swim 4 Fitness Lanes		General Swim	Women's Morning		Swim 4 Fitness Lanes		Adult & Toddler	General Swim		Club Use		Club Use		Club Use
											Adult Only Swim 4 Fitness		Club Use		Adult Only Swim 4 Fitness	
Saturday	Closed			Adult Only Swim 4 Fitness		Lessons		Lessons		General Swim		Closed				
						General Swim										
Sunday	Closed			Adult Only Swim 4 Fitness		Float Frenzy		General Swim		Float Frenzy		General Swim	Closed			

Main Pool Holidays	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	Swim 4 Fitness Lanes		Lessons	AquaFit (deep water)	AquaFit (shallow water)	Swim 4 Fitness Lanes		Float Frenzy		General Swim			Swim 4 Fitness Lanes		
				General Swim	General Swim (shallow water)	General Swim (deep water)										
Tuesday	Closed	Swim 4 Fitness Lanes		Lessons			Swim 4 Fitness Lanes		Float Frenzy		General Swim			Swim 4 Fitness Lanes		
				General Swim								General Swim			Club Use	
Wednesday	Closed	Swim 4 Fitness Lanes		Lessons	General Swim		Swim 4 Fitness Lanes		Float Frenzy		Staff Training	General Swim				
				People with Disabilities				Float Frenzy								
Thursday	Closed	Swim 4 Fitness Lanes		Lessons	Pirate Ship Inflatable		Swim 4 Fitness Lanes		Float Frenzy		General Swim		Women's Session Evening		Adult Only Swim 4 Fitness	
				General Swim												
Friday	Closed	Swim 4 Fitness Lanes		Lessons	Women's Morning		Swim 4 Fitness Lanes		Float Frenzy		General Swim	Club Use		Club Use		Club Use
				General Swim								Adult Only Swim 4 Fitness		Club Use		Adult Only Swim 4 Fitness
Saturday	Closed			Adult Only Swim 4 Fitness		General Swim		Swim 4 Fitness		Float Frenzy		General Swim	Closed			
Sunday	Closed			Adult Only Swim 4 Fitness		Float Frenzy		General Swim		Float Frenzy		General Swim	Closed			

Pool Sessions

LANE SWIMMING

Monday	07:00 – 09:00	
	12:00 – 14:00	
	18:45 – 22:00	
Tuesday	07:00 – 09:00	
	12:00 – 13:30	
	18:45 – 22:00	Half Pool
Wednesday	07:00 – 09:00	
	12:00 – 14:00	
Thursday	07:00 – 09:00	
	12:00 – 14:00	
	20:00 – 22:00	
Friday	07:00 – 09:00	
	12:00 – 14:00	
	17:00 – 19:30	
	20:30 – 22:00	Half Pool
Saturday	08:30 – 10:30	
Sunday	08:30 – 10:30	

Other lane times are available. Please see the Pool Timetable for more details.

Swim 4 Fitness

This is a recreational and fitness programme to suit your lifestyle, whether swimming for fun, fitness or sport. Please contact a member of staff for more details.

Would you like to improve your swimming stroke and technique?

Get free tips and advice on swimming at New Chiswick Pool. Ask at reception for more information.



Women's Sessions

Day

Friday		
10:30 – 11:15	Aquafit	Shallow End
11:15 – 12:00	Aquafit	Deep End
10:00 – 10:30	Swimming	Main Pool
10:30 – 11:15	Swimming	Deep End
11:15 – 12:00	Swimming	Shallow End
10:30 – 11:15	Hi/Lo Tone to go	Studio
11:15 – 12:00	Legs, Bums & Tums	Studio

Thursday

18:30 – 19:15	Aquafit	Deep End
19:15 – 20:00	Aquafit	Shallow End
18:00 – 18:30	Swimming	Main Pool
18:30 – 19:15	Swimming	Shallow End
19:15 – 20:00	Swimming	Deep End
18:30 – 19:15	Spin	Spin Studio
19:15 – 20:00	Legs, Bums & Tums Circuits	Studio

- Over 16's only admitted.
- These sessions are staffed by male and female staff.

Fitness Classes

Monday	Aquafit	10:30 – 11:15
	Aquafit	11:15 – 12:00

Sauna / Steam Room

Monday – Friday	07:00 – 22:00
Saturday and Sunday	08:30 – 18:00

Creche

Monday – Friday	10:00 – 12:00
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Use of Mobile Phones, Photographic and Video Recording Equipment

Fusion's policy prohibits the use of mobile phones beyond the centre reception point. Unauthorised use of photographic or video recording equipment is not permitted in any area of the facility without written authorisation of the Duty Manager. Please contact reception for more details.

Spinning Sessions

Monday

13:15 – 14:00	Spin (45 mins)	Spin Studio
18:30 – 19:15	Spin (45 mins)	Spin Studio

Tuesday

18:30 – 19:15	Spin (45 mins)	Spin Studio
19:15 – 20:00	Spin (45 mins)	Spin Studio

Wednesday

07:15 – 08:00	Spin (45 mins)	Spin Studio
09:00 – 09:45	Spin (45 mins)	Spin Studio
19:15 – 20:00	Spin (45 mins)	Spin Studio

Thursday

12:15 – 13:00	Spin (45 mins)	Spin Studio
18:30 – 19:15	Spin (45 mins)	Spin Studio

Friday

07:00 – 07:45	Spin (45 mins)	Spin Studio
12:15 – 13:00	Spin (45 mins)	Spin Studio

Saturday

10:00 – 10:45	Spin (45 mins)	Spin Studio
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Junior Gym

Friday

15:30 – 17:00	Junior Gym 12 – 15 years	Gym
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Sunday

14:00 – 16:00	Junior Gym 12 – 15 years	Gym
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Over 50's Morning

Wednesday

10:00 – 12:00	Swimming	Pool
10:00 – 10:30	Over 50's Aerobics	Studio
10:30 – 11:00	Over 50's Aqua	Pool

Studio Timetable

Monday

10:00 – 11:00	Zumba
12:00 – 13:00	Pilates
19:00 – 20:00	Hi/Lo Tone to go
20:15 – 21:00	Body Conditioning

Tuesday

10:00 – 11:00	Fitness Yoga
12:00 – 13:00	Hi/Lo Tone to go
13:15 – 14:00	Body Conditioning

Wednesday

12:15 – 13:00	Zumba
18:00 – 19:00	Pilates
20:15 – 21:45	Yoga

Thursday

10:00 – 10:45	Hi/Lo Tone to go
10:45 – 11:30	Body Conditioning
19:15 – 20:00	Women's Evening
20:15 – 21:15	Boot Camp Circuits

Friday

10:30-11:15	Women's Morning
11:15 – 12:00	Women's Morning

Saturday

11:30 – 12:30	Zumba
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Saturday

12:30 – 13:30	Body Zone
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Sunday

10:00 – 11:00	Boot Camp Circuits	Coming Soon
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	Body Pump and Body Combat	Coming Soon
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London Borough of Hounslow



New Chiswick Pool

Edensor Road, Chiswick
London W4 2RG

www.hounslow-leisure.com

Telephone: **0845 456 6675****

**Calls from BT max 5ppm, other providers may vary

Centre Opening Times

Monday – Friday	07:00 – 22:00
Saturday & Sunday	08:30 – 18:00

Café

The cafe at New Chiswick pool is a great place to relax and to grab a bite to eat after a session in the pool or gym or to take the children once they have worked up a healthy appetite.

You will find a selection of great value hot and cold food as well as vegetarian options too.

Venue Hire

We also offer room hire for clubs, meetings and activities.

We would like to encourage you to use greener forms of transport such as cycling, trains and buses. The E3 bus route stops directly outside the front door of reception.



New Chiswick Pool



Visit our website
www.hounslow-leisure.com



The centre programme is subject to change. Please visit the website for the most up to date information.