

swim
free
60 & over

swim
4life

FREE Swimming for Over 60s

in Southwark
from 1st April

Whether you're a seasoned swimmer, want a bit of practice or you're a complete beginner, there's never been a better time to dive in!

Public pools across Southwark are free for you to use.

Have fun and stay healthy.

*Terms and conditions apply





How do I get a free swim pass?

To take up the free swim offer you must have a valid membership card. The cards are free and available from your local leisure centre. Completed application forms should be taken to your local centre along with proof of eligibility. Application forms can also be downloaded from the website.

This is a government funded programme from April 2009 – March 2011

What are the benefits of swimming?

There are many – but here are just a few: improves fitness levels, you will feel healthier, tones almost every major muscle in your body and many minor ones as well, burns calories, stimulates circulation, soothes the mind and improves stamina.



For more information call your local centre or visit us online www.southwark-leisure.com

Peckham Pulse Healthy Living Centre Peckham, London SE15 5QN

Tel: 020 7525 4999

Camberwell Leisure Centre off Camberwell Church Street, London SE5 8TS

Tel: 020 7703 3024

Seven Islands Leisure Centre Lower Road, Rotherhithe, London SE16 2TU

Tel: 020 7237 3296

Dulwich Leisure Centre 45 East Dulwich Road, London SE22 9AN

Tel: 020 8693 1833

* BT lines cost 5ppm