

Children Under 8

Children under 5 must be supervised in the water on a 1:1 basis (1 adult per child under 5) and children aged 5-7 on a 1:2 basis (1 adult per two children between the ages of 5-7)

Hydro Pool – Jelly Babies

Floats, rafts and toys are provided for the under fours. During busy times session restrictions will apply. Admission policy applies.

Hydro Pool – Rafts and Rascals

Fun sessions for parents with children under eight with floats, rafts and toys. During busy times session restrictions will apply. Admission policy applies.

Family Fun

In the following sessions all adults must be accompanied by children.

Float Frenzy

Float Frenzy is a fun packed session for all ages and with rafts and floats in the pool. Half of the pool is available for width swimming. Float Frenzy is also part of the Swim4Life Free Swim.

Pool Parties

Celebrate your child's birthday with friends by having a pool party. Contact the centre for further details on private hire. Pool admission policy applies.

Adults Only

Adult Lane Swim

The pool is split into lanes with each lane catering for different swimming abilities and for those wanting to swim for leisure or fitness. This session is for adults over the age of sixteen, swimming lengths or laps only.

50+ Aqua Aerobics / Aqua Aerobics

Sessions are taught by a qualified instructor. See fitness leaflets for further details. Please note there are limited swimming places. It is recommended that you book in advance for these sessions.

50+ Swim

Special swimming sessions for those over fifty years of age.

Hydro Therapy Swim

Open rehabilitation session for adults recovering from injury or arthritis. These sessions are for over sixteens only.

Public Swim

Open General Swim sessions for all ages and abilities. During busy sessions the pool will be cleared every hour to allow access for all.

Activity Descriptions

Swim School

Fusion provides swimming lessons with fully qualified ASA instructors for adults and children of all ages and abilities. For more information please pick up a Swim School prospectus or ask for more details at reception.

General Information

Welcome to the pool programme for Peckham Pulse Healthy Living Centre. We aim to provide an affordable and diverse range of quality leisure facilities and activities for all. We strive to make each visit an enjoyable one so please do let us know your thoughts about our levels of service by completing a 'Please Tell Us What You Think' form.

Pool Admission Policy:

Under 8s: An adult of 16 years or over, who is also a competent swimmer must accompany children under the age of eight. Please contact the centre for further information on the ratio for adult supervision of under eights.

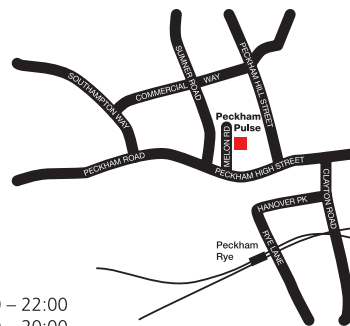
Just In Time: The last ticket for entry into the pool is 30 minutes prior to closing. Last entry to the gym is one hour prior to closing.

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 Peckham Pulse Healthy Living Centre

10 Melon Road, Peckham,
London SE15 5QN
Tel 020 7525 4999



Opening Hours

Monday – Friday 07:00 – 22:00
Saturday and Sunday 07:00 – 20:00

www.southwark-leisure.com

Available in **LARGE** print



General Swim

Everyone is welcome during this session. Swimming Pool admission policy applies. During swimming lessons and other advertised pool sessions use of the shallow end of the pool maybe limited. During busy periods, General Swim will run on an hourly basis.

Peckham Pulse Healthy Living Centre is brought to you by Southwark Council, working in partnership with Fusion. As an experienced sport and leisure organisation and a registered charity, Fusion continually reinvests to improve and develop what's on offer in your community.



www.southwark-leisure.com

Swimming timetable

HEALTH • VITALITY • WELLBEING

From July 2010

www.southwark-leisure.com



Peckham Pulse
Healthy Living Centre

Peckham Pulse Healthy Living Centre - Summer Pool 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 Lane Swim		General Swim	Aqua Aerobics	Women Only Swim	Adult Lane Swim	Float Frenzy	Closed	Float Frenzy	Closed	General Swim		General Swim	Adult Lane Swim	Closed
				Swim School								Swim School				
Tuesday	Closed	Adult Lane Swim		General Swim	50+ Swim		Adult Lane Swim	Staff Training		Float Frenzy	General Swim		Aqua Aerobics	Adult Lane Swim	Closed	
				Swim School							Swim School					
Wednesday	Closed	Adult Lane Swim		General Swim	Aqua Aerobics		Adult Lane Swim	Float Frenzy	Closed	Float Frenzy	Closed	General Swim		General Swim	Adult Lane Swim	Closed
				Swim School							Swim School					
Thursday	Closed	Adult Lane Swim		General Swim	50+ Swim	General Swim	Adult Lane Swim	Float Frenzy	Closed	Float Frenzy	Closed	General Swim		Aqua Aerobics	Adult Lane Swim	Closed
				Swim School							Swim School					
Friday	Closed	Adult Lane Swim		General Swim	Women Only Swim		Adult Lane Swim	Float Frenzy	Closed	Float Frenzy	Closed	General Swim		General Swim	Adult Lane Swim	Closed
				Swim School							Swim School					
Saturday	Closed	Adult Lane Swim		General Swim				Float Frenzy	Closed	Float Frenzy	Closed	General Swim		Adult Lane Swim	Closed	
				Swim School												
Sunday	Closed	Adult Lane Swim		General Swim				Float Frenzy	Closed	Float Frenzy	Closed	General Swim		Adult Lane Swim	Closed	

Hydrotherapy 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	Hydrotherapy Swim		Jelly Babies	Rafts & Rascals	Jelly Babies	General Disabled Swim	Rafts & Rascals	Jelly Babies	Rafts & Rascals	Swim School				Adult Disabled Swim	Closed
Tuesday	Closed	Hydrotherapy Swim		Swim School		Jelly Babies	Aqua Referral	50+ Aqua Aerobics	Rafts & Rascals	Jelly Babies	Swim School				Hydrotherapy Swim	Closed
Wednesday	Closed			Rafts & Rascals	Jelly Babies	Rafts & Rascals	Jelly Babies	Rafts & Rascals	Jelly Babies	Rafts & Rascals	Swim School				Adult Disabled Swim	Closed
Thursday	Closed	Hydrotherapy Swim		Swim School		50+ Aqua Aerobics	Adult Disabled Swim	Jelly Babies	Rafts & Rascals	Jelly Babies	Swim School				Hydrotherapy Swim	Closed
Friday	Closed	Hydrotherapy Swim		Jelly Babies	PCT Sessions	Rafts & Rascals	General Disabled Swim	Rafts & Rascals	Jelly Babies	Rafts & Rascals	PCT Sessions	Swim School			Adult Disabled Swim	Closed
Saturday	Closed		Family Disabled Swim	Swim School				Jelly Babies	Rafts & Rascals	General Disabled Swim	Hydrotherapy Swim	Available for Hire	Closed			
Sunday	Closed		Rafts & Rascals		Jelly Babies	Family Disabled Swim	Rafts & Rascals	Jelly Babies	Rafts & Rascals	Women Only Swim	Hydrotherapy Swim	General Disabled Swim	Closed			

Family Disabled Swim is in shallower water than the standard disabled swim. Pool Hoist is available for main pool. Please inform the centre upon arrival to allow set up time.