

Children Under 8

Children under 5 must be supervised in the water on a 1:1 basis and children ages 5-7 on a 1:2 basis.

Rafts and Rascals

Fun session for parents with children under eight years of age with floats, rafts and toys. One adult may accompany up to two children under eight years old (but the Under Four's Policy still applies). All children must wear buoyancy aids regardless of swimming ability. During busy times session restrictions will apply.

Family Fun

In the following sessions all adults must be accompanied by children. Unaccompanied children must be able to swim 25 metres without a buoyancy aid.

Inflatable Session

A fun session for 8 – 16 year olds who are able to swim 25 metres. Floats, toys, inflatables and rafts are available for wet and wild sessions. All adults must be accompanied by children.

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 lane 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.

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.

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.

Single Gender Sessions

Where possible we always try to rota the respective male or female member of staff to compliment the single gender sessions.



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 may be limited.

General Information

Welcome to the pool programme for Seven Islands Leisure 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.

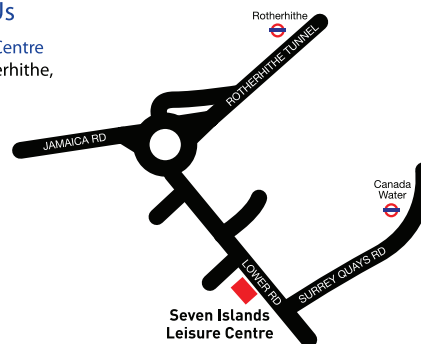
Late Admission: Please note that to ensure class continuity and enjoyment for all, no admittance will be permitted 10 minutes after the class has started.

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.

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.

Where To Find Us

Seven Islands Leisure Centre
100 Lower Road, Rotherhithe,
London SE16 2TU
Tel 020 7237 3296



Opening Hours

Monday – Friday 07:00 – 22:00
Saturday and Sunday 08:00 – 17:30

www.southwark-leisure.com

Available in **LARGE** print

Seven Islands Leisure 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.



Swimming timetable

HEALTH • VITALITY • WELLBEING

From July 2010

www.southwark-leisure.com



Seven Islands Leisure Centre

Seven Islands Leisure Centre - from July

Main Pool	05:00	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	22:00	
Monday	Closed		Adult Lane Swim		General Swim		Family Swim	Adult Lane Swim	Splash & Floats		General Swim	Swim Club		Disability Swim		Aqua Fit	Adult Lane Swim		Closed
Tuesday	Closed		Adult Lane Swim		Women Only Swim		General Swim		Adult Lane Swim	Rafts & Rascals		Swim School		Swim Club		Adult Lane Swim		Closed	
Wednesday	Closed		Adult Lane Swim		General Swim		Family Swim	Adult Lane Swim	Splash & Floats		Staff Training	Swim School		Swim Club		Sub Aqua		Closed	
Thursday	Closed		Adult Lane Swim		50+ Swim	General Swim		Adult Lane Swim	Rafts & Rascals		Swim School		Swim Club		Adult Lane Swim		Closed		
Friday	Closed		Adult Lane Swim		General Swim		Adult Lane Swim	Splash & Floats		50+ Swim	Swim School		Swim Club		Adult Lane Swim		Closed		
Saturday	Closed		Adult Lane Swim	Swim School			General Swim		General Swim		General Swim		General Swim		Adult Lane Swim	Closed			
Sunday	Closed		Adult Lane Swim		Family Swim		General Swim		General Swim		Rafts & Rascals		Adult Lane Swim		Closed				