

# Swimming

## Penkridge Leisure Centre October Half Term Swimming Timetable

TIME	SESSION
<b>Monday</b>	
7am-7:45am	Adults Only
8am-8:45am	Aqua Aerobics
9am – 10am	Public Swim
5pm-7:00pm	Swimming Lessons
8:15pm-9:15pm	Adults Only*
<b>Tuesday</b>	
10am – 11am	Public Swim
11:15am – 12:15pm	Adults Only
4:30pm-7pm	Swimming Lessons
7:15pm – 8:00pm	Aqua Aerobics
8pm-9pm	Adults Only
<b>Wednesday</b>	
7am – 8am	Adults Only
8:25am – 9:10am	Aqua Aerobics
9:15am-10am	Aqua Aerobics
10am-11am	Adults Only
12pm-1pm	60+ Swim
1:15pm – 2:15pm	Public Swim
4pm-6:30pm	Swimming Lessons
7pm-8pm	Public Swim
8:15pm-9:15pm	Adults Only

\*Session will not be on two weeks a month due to lifeguard staff training. Please call before to check.

TIME	SESSION
<b>Thursday</b>	
12pm-1pm	Adults Only
1:15pm – 2:15pm	Public Swim
2:30pm – 3:30pm	Public Swim
4pm-7pm	Swimming Lessons
7:15pm-8pm	Aqua Aerobics
8pm-9pm	Adults Only
<b>Friday</b>	
7am – 8am	Adults Only
8:25am – 9:10am	Aqua Aerobics
9:15am-10am	Aqua Aerobics
10am-11am	Adults Only
11:15am – 12:15pm	Public Swim
4pm – 5pm	Public Swim
5:15pm – 6:15pm	Adult Swim
6:30pm-7:30pm	Public Swim
7:45pm-8:30pm	Adults Only
<b>Saturday</b>	
9am-12pm	Swimming Lessons
1:30pm-2:30pm	Family Swim
<b>Sunday</b>	
9:00am-10:00am	Adults Only
10:00am-11:30am	Family Swim
11:30am-12:30pm	Children's Parties
12:30pm-3pm	Swimming lessons

PRICES	NON-MEMBER - PAY AS YOU GO	Advantage Card
Adults	£5.00	£4.50
Junior	£3.20	£2.90
Under 5's	Free	Free
60+	£3.70	£3.20
Aqua Aerobics	£6.50	£5.80

Cheslyn Hay Leisure Centre • Tel: 01922 417790 • Email: [cheslynhay@sstaffs.gov.uk](mailto:cheslynhay@sstaffs.gov.uk)  
 Codsall Leisure Centre • Tel: 01902 844032 • Email: [codsall@sstaffs.gov.uk](mailto:codsall@sstaffs.gov.uk)  
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# Swimming

## DESCRIPTIONS

<b>PUBLIC SWIM</b>	Recreational swimming for the whole family.
<b>ADULTS ONLY</b>	A swim for adults 16+.
<b>60+ SWIM</b>	A swim for adults aged 60 and over
<b>SWIM LESSONS</b>	See South Staffordshire Swim Academy timetable.

## INFORMATION

Children under the age of 8 years must be accompanied by an adult aged 16+ on a ratio of 1 adult to 2 children. (If management feel children are at risk, a ratio of 1:1 may be enforced at the manager's discretion).
Male and female changing rooms are available and lockers are provided. These take a 20p coin to lock.
A pool hoist is available on request.
During school holidays the daytime programme is subject to change.
Pre-booking is unavailable. Bather load restrictions are in place and management reserves the right to refuse admission if the pool capacity is reached.
The swimming pool is 0.90m deep in the shallow end and 2.3m deep in the deep end with ladder entry in each corner of the pool.
Off peak times are 7am – 5pm. Peak times are 5pm onwards

## AGE LIMITS

Child in opposite sex changing room	Under 8
Swimming unaccompanied	8yrs+
Parent & toddlers swim	Under 5
Adults accompanying child under 8	16yrs+
Swimming adults only	16yrs+

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