

Swimming

Penkridge Leisure Centre Swimming Timetable

| TIME | SESSION |
|------------------|------------------|
| Monday | |
| 7am-7:45am | Adults Only |
| 8am-8:45am | Aqua Aerobics |
| 5pm-7pm | Swimming Lessons |
| 8:15pm-9:15pm | Adults Only* |
| | |
| Tuesday | |
| 4:30pm-7pm | Swimming Lessons |
| 7:15pm – 8:00pm | Aqua Aerobics |
| 8pm-9pm | Adults Only |
| | |
| | |
| Wednesday | |
| 7am – 8am | Adults Only |
| 8:25am – 9:10am | Aqua Aerobics |
| 9:15am-10am | Aqua Aerobics |
| 10am-11am | Adults Only |
| 12pm-1pm | 60+ 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 |
|-----------------|--------------------|
| Thursday | |
| 12pm-1pm | Adults Only |
| 4pm-7pm | Swimming Lessons |
| 7:15pm-8pm | Aqua Aerobics |
| 8pm-9pm | Adults Only |
| | |
| | |
| Friday | |
| 7am – 8am | Adults Only |
| 8:25am – 9:10am | Aqua Aerobics |
| 9:15am-10am | Aqua Aerobics |
| 10am-11am | Adults Only |
| 6:30pm-7:30pm | Public Swim |
| 7:45pm-8:30pm | Adults Only |
| Saturday | |
| 9am-12pm | Swimming Lessons |
| 1:30pm-2:30pm | Family Swim |
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| | |
| Sunday | |
| 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

Codsall Leisure Centre • Tel: 01902 844032 • Email: codsall@sstaffs.gov.uk

Penkridge Leisure Centre • Tel: 01785 714152 • Email: penkridge@sstaffs.gov.uk

Wombourne Leisure Centre • Tel: 01902 898202 • Email: wombourne@sstaffs.gov.uk

Swimming

DESCRIPTIONS

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

INFORMATION

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| 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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