

# Darwin Court - Pool Session Timetable

All sessions are £2 except where noted

	Morning				Afternoon				Early Evening			
	8.15 - 9am	9.15 - 10am	10.15 - 11am	11.15 - 12pm	12.30 - 1pm	1.30 - 2.15pm	2.15 - 3pm	3.15 - 4pm	4.15 - 5pm	5.15 - 6pm	6.15 - 7pm	7.15 - 8pm
MONDAY	Adult swim 16+	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Adult lane swim 16+	Public swim <i>All ages</i>	Adult swim 16+	Women only* swim	Swim school	Swim school	Adult swim 16+	Resident only swim
TUESDAY	Adult swim 16+	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Kids splash Age 8 - 16	Therapy swim 12.15-1pm	Public swim <i>All ages</i>	Public swim <i>All ages</i>	50+ swim	Swim school	Swim school	Aqua Fit £3.80	Resident only swim
WEDNESDAY	Resident and 50+ swim	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Adult lane swim 16+	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Adult swim 16+	Swim school	Swim school	Public swim <i>All ages</i>	Adult swim 16+
THURSDAY	Adult swim 16+	Public swim <i>All ages</i>	Therapy swim	First place session <i>(by appt only)</i>	Women only* 12.15-1pm	Public swim <i>All ages</i>	Kids splash Age 8 - 16	50+ swim	Public swim <i>All ages</i>	Family fun swim <i>2 adults and 2 children</i> £4	Resident only swim	Adult swim 16+
FRIDAY	Resident and 50+ swim	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Victory school <i>(by appt only)</i>	Adult lane swim 16+	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Jelly babies <i>1 parent and under 5's only</i>	Public swim <i>All ages</i>	Public swim <i>All ages</i>	Family fun swim <i>2 adults and 2 children</i> £4	Closed: Fusion staff training

\*Cannot guarantee a female lifeguard

Time table subject change

## Mondays

10am - 11am	Line dancing	All levels	FREE
11am - 12pm	Female Fitness	All levels	FREE
12am - 1pm	Stretch & Flex	All levels	FREE
6.15pm - 7pm	Legs, bums & abs	All levels	£3.10

## Tuesdays

12.30pm - 1.30pm	Chair based	Over 50's	FREE
2.30pm - 3.30pm	Chair based	Over 50's	FREE
4pm - 5pm	Guitar lesson		£5 concessions available (by application only)
5.30pm - 6.30pm	Tai Chi		£2

## Wednesdays

10.30am - 1pm	Sewing & Embroidery		FREE Funded by Activate London Big Lottery
6.15pm - 7.45pm	Self development - Tai Chi		£2

## Thursdays

10.30am - 11.30am	Yoga		£2
2.15pm - 3.15pm	Fitness Time	All levels	FREE
5pm - 7pm	Games evening		FREE Funded by Activate London Big Lottery
6.15pm - 7.15pm	Pilates		£3.10

## Fridays

10am - 11.30am	Relaxation		FREE Funded by Activate London Big Lottery
12.30pm - 1.30pm	Fitness Time	All levels	FREE
2pm - 3pm	Bingo		FREE

# Darwin Court

## School Holiday Timetable

### Swimming Pool

1.3m (depth) x 15m (length) x 5m (width)

We want you to enjoy your use of the pool, but here are a couple of key rules:

Children under 5 must be supervised in the water by 1 adult per child.

Children aged 5 to 7 must be supervised in the water by at least 1 adult per 2 children.

An adult of 16 years or over, who is also a competent swimmer, must accompany children under the age of 8.

After 4pm, all children under 14 must be accompanied by an adult. Anyone 15 and over may be asked for proof of age, although swim policy applies as above.

Lockers are available with a £2 key deposit (refundable)

### Café

Our community café is open Monday to Friday from 8.30am to 4pm. Breakfast is available from 8.30am to 11am. Lunch is served between 12pm and 2pm.

1 Crail Row, Walworth, London SE17 1AD

Tel: 020 7021 4670

Email: [darwincourt@peabody.org.uk](mailto:darwincourt@peabody.org.uk)

[www.peabody.org.uk](http://www.peabody.org.uk)



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