

Park Road Leisure Centre - Main Pool (Pool Depth - 1.0m-1.7m)

Park Road, Hornsey, London N8 8JN

Tel: 020 8341 3567

	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30								
MONDAY	Swim Fit				School Swim Lessons					Aqua-Fitness	School Swim Lessons	Casual Swim	Junior Swimming Lessons			Haringey Borough		Piranha Disability Club						Haringey Borough Aquatics Club									CLOSED					
	Lane Swimming				Lane Swimming												Casual Swimming																					
TUESDAY		Swim Fit			School Swim Lessons					Casual Swimming	School Swim Lessons	Casual Swim	Junior Swimming Lessons			Adult/Junior Swim Lessons		Haringey Borough																CLOSED				
	Lane Swimming				Lane Swimming												Casual Swimming																					
WEDNESDAY	Swim Fit				School Swim Lessons					Casual Swimming	School Swim Lessons	Casual Swim	Junior Swimming Lessons			Adult/Junior Swim Lessons				Women Only 8.00pm - 9.30pm														CLOSED				
	Lane Swimming				Lane Swimming												Lane Swimming		Casual Swimming		Haringey Borough																	
THURSDAY		Swim Fit			School Swim Lessons					Aqua-Fitness	School Swim Lessons	Casual Swim	Junior Swimming Lessons			Adult/Junior Swim Lessons		Haringey Borough																CLOSED				
	Lane Swimming				Lane Swimming												Casual Swimming																					
FRIDAY	Lane Swimming				School Swim Lessons					Casual Swim	Aqua Fitness	Junior/School Swimming Lessons						Women Only Swim 14:45 - 15:45		Casual Swim		Haringey Borough Aquatics Club													CLOSED			
	Lane Swimming				Lane Swimming																																	
SATURDAY	Lane Swimming		Junior Swimming Lessons					Fun Splash Family Session (No Lanes) 12pm - 4pm						Haringey Borough	Swim Fit	Lane Swimming		CLOSED																				
		Haringey Borough Aquatics Club	Casual Swimming														Casual Swimming																					
SUNDAY		Haringey Borough Aquatics Club	Fun Splash Family Session (No Lanes) 10pm - 2pm					Junior Swim Lessons				Haringey Borough Aquatics Club		CLOSED																								
	Lane Swimming																Lane Swimming		Aqua Fit 18:30 - 19:30																			

Key:

- Lane Swimming provision (the number of lanes available vary depending on the proportion of pool available at different times).
- Casual Swimming suitable for all ages. (Children under 8 years must be closely supervised in the water by an adult aged 16 years or older, max 2 children under 8 per adult)
- Women Only session. A women's friendly session, but may be lifeguarded by some male staff at times.
- Family friendly session. Suitable for all ages. Children under 8 years must be accompanied by an adult (aged 16 years plus) in the water. Maximum 2 children under 8 per adult.
- Haringey Borough Aquatics Club - Training session for their members. For more information on competitive swimming please visit the club's website www.haringeyboroughsc.co.uk
- Closed for public usage. (Adult and children swimming lesson information is available at reception and at www.haringey.gov.uk/leisurecentres)

Park Road Leisure Centre - Teaching Pool 0.5m - 0.9m

Park Road, Hornsey, London N8 8JN

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MONDAY	Adult Swim Lessons				Casual Swimming	Junior Swim Lessons								Casual Swimming	Adult Swim Lessons				Junior Swim Lessons				Casual Swimming	Ante-Natal	Piranha Disability Club		CLOSED			
TUESDAY	Adult Swim Lessons				Casual Swimming	Junior Swim Lessons								Casual Swimming				Junior Swim Lessons				Adult Swim Lessons				Casual Swimming		CLOSED		
WEDNESDAY	Adult Swim Lessons				Junior Swim Lessons			Women Only Swim Lessons			Casual Swimming	Junior Swim Lessons		Adult Swim Lessons	Junior Swim Lessons				Adult Swim Lessons	Ante-Natal	Women Only 8.00pm-9.30pm		CLOSED							
THURSDAY	Adult Swim Lessons				Casual Swimming	Junior Swim Lessons								Casual Swimming				Junior Swim Lessons				Adult Swim Lessons				Casual Swimming		CLOSED		
FRIDAY	Adult Swim Lessons				Casual Swimming	Junior Swim Lessons					Ante-Natal	Casual Swimming				Junior Swim Lessons				Ante-Natal	Haringey Borough Aquatics Club		CLOSED							
SATURDAY	Casual Swimming	Junior Swimming Lessons								Fun Splash Family Session 12pm - 2pm				Casual Swimming (Also available for Pool Party Hire)				Adult Swim Lessons	Haringey Borough Aquatics Club		CLOSED									
SUNDAY	Casual Swimming	Fun Splash Family Session 8.00am - 11.30am											Junior Swimming Lessons						Haringey Borough Aquatics Club		CLOSED									

Key:

Casual Swimming provision suitable for all ages. (Children under 8 years must be closely supervised in the water by an adult aged 16 years or older, max 2 children under 8 per adult)

Ante-Natal session for pregnant women to gently exercise in the water with instructor.

Women Only session. A women's friendly session, but may be lifeguarded by some male staff at times.

Haringey Borough Aquatics Club - Training session for their members. For more information on competitive swimming please visit the club's website www.haringeyboroughsc.co.uk

Closed for public usage. (Adult and children swimming lesson information is available at reception and at www.haringey.gov.uk/leisurecentres)

Park Road Leisure Centre - Diving Pool 3.4m - 3.6m

Park Road, Hornsey, London N8 8JN

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MONDAY	CLOSED		Casual Diving														Swim Lessons				Deep-Aqua Fit 7.00pm-7.45pm	Scuba Club 19:45 - 21:15		CLOSED						
TUESDAY	CLOSED		Deep-Aqua Fitness 8.15am-9.00am	Casual Diving														Swim Lessons			Synchro Swimming Coming Soon	Deep-Aqua Fit 7.00pm-7.45pm	Casual Diving	CLOSED						
WEDNESDAY	CLOSED		Casual Diving									Deep-Aqua Fitness 12.15pm-1.00pm	Casual Diving						Diving Swim Lessons					Deep-Aqua Fit 8.00pm-7.45pm	CLOSED					
THURSDAY	CLOSED		Deep-Aqua Fitness 8.15am-9.00am	Casual Diving														Diving Courses					Deep-Aqua Fit 7.30pm-8.15pm		CLOSED					
FRIDAY	CLOSED		Casual Diving														Diving Lessons			Haringey Aquatics	CLOSED									
SATURDAY	CLOSED		Swimming Lessons				Casual Diving										Diving Club		Synchro Swimming Coming Soon	Water Polo - Coming Soon	CLOSED									
SUNDAY	CLOSED		Casual Diving	Haringey Borough Aquatics Club (9.00am-10.30am)			Clissold Club (10.45am-12.45pm)					Casual Diving						Synchro Swimming Coming Soon	Water Polo - Coming Soon	CLOSED										

Key:

- Casual Diving usage suitable for all ages that are able to swim and treadwater.
- Deep-Aqua Fitness Session using floatation belts for low impact exercise in the water with instructor.
- Special Classes
- Private Club usage
- Closed for public usage. (Adult and children swimming lesson information is available at reception and at www.haringey.gov.uk/leisurecentres)