

**MORE
ACTIVE**
MORE VALUE



**ENJOY
SWIMMING**



THIS LEAFLET PROVIDES DETAILS OF THE EXCELLENT RANGE OF SWIMMING ACTIVITIES IN HARINGEY'S LEISURE CENTRES.

Swimming is one of the best forms of exercise. It improves your overall fitness and gently tones your muscles. Whether you enjoy swimming lengths or simply relaxing in the water, a pool is the ideal place to soothe away the stresses and strains of life.

Swimming is non-weight-bearing, because the water supports your body. It is therefore ideal for pregnant women and for people who have problems with their

joints or are recovering from injury. If you prefer to exercise with other people, our aqua fitness classes are the perfect way to achieve a low-impact cardio-vascular workout.

If you cannot swim or would like to feel more confident in the water, our staff can give you details of lessons or courses for children and adults. They also have information about swimming clubs that hold sessions at our pools.

KEY:

 Casual Swimming

 Special Needs Swim

 Family & Junior Sessions
(Giant Slide & Waves)

 Aqua Fitness

 Lane Swimming

 Swimming Lessons

 Ante Natal

 School Use

 Adult Only

 Women Only
(+ SS = Surestart session)

 Club Use

 Closed

 Women Only Aqua fitness

 Pool Parties

TOTTENHAM GREEN LEISURE CENTRE: MAIN POOL TIMETABLE

	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
Monday	Casual Swimming												CLUB		
	Casual Swimming												ADULT		
Tuesday	Casual Swimming												CLUB		
	Lane Swimming												ADULT		
Wednesday	Casual Swimming												CLUB		
	Lane Swimming												ADULT		
Thursday	Casual Swimming												CLUB		
	Lane Swimming												ADULT		
Friday	Casual Swimming												ADULT		
	Lane Swimming												ADULT		
Saturday	Casual Swimming														
	Casual Swimming														
Sunday	Casual Swimming														
	Lane Swimming														

TOTTENHAM GREEN LEISURE CENTRE: TEACHING POOL TIMETABLE

	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
Monday				WO				Swimming Lessons			AF	AF	
Tuesday				WO				Swimming Lessons					WO
Wednesday				AF				Swimming Lessons					
Thursday									Swimming Lessons		AF	AF	WO
Friday				WO				Swimming Lessons					
Saturday	Swimming Lessons							SS	PP				
Sunday	Swimming Lessons					AF	ADULT	PP	U.16s				

PARK ROAD LEISURE CENTRE: MAIN POOL TIMETABLE

	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
Monday	4 LANES	1 LANE SCHOOL USE			AF	1 LANE	SCHOOL USE		2 LANES	1 LANE* LESSON			CLUB		
Tuesday	4 LANES	1 LANE SCHOOL USE				2 LANES	SCHOOL USE	2 LANES	CLUB	1 LANE* LESSON			4 LANES		
Wednesday	4 LANES	1 LANE SCHOOL USE				2 LANES	SCHOOL USE	2 LANES	1 LANE* LESSON			WO			
Thursday	4 LANES	1 LANE SCHOOL USE				2 LANES	SCHOOL USE	2 LANES	1 LANE LESSON			4 LANES			
Friday	4 LANES	1 LANE SCHOOL USE						2 LANES	1 LANE LESSON			CLUB			
Saturday	4 LANES	1 LANE CLUB		1 LANE* LESSON		2 LANES **									
Sunday	4 LANES	1 LANE CLUB			2 LANES **						WO	LESSON			

* Lessons - Whilst we try to offer a full length lane during lessons there may be a 3/4 lane available.

** On Saturdays the pool occasionally closes at 3.30pm for galas (Please ask reception for gala dates).

PARK ROAD LEISURE CENTRE: TEACHING POOL TIMETABLE

	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	
Monday			LESSON							LESSON				CLUB		
Tuesday			LESSON								LESSON					
Wednesday			Casual Swimming								LESSON		ANTE NATAL			
Thursday			LESSON								LESSON					
Friday			Casual Swimming								LESSON				CLUB	
Saturday			LESSON	Casual Swimming												
Sunday			Casual Swimming									LESSON				

During the holidays, the timetable is subject to change.

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PARK ROAD LEISURE CENTRE:

Lido - outdoor pool
(Open from spring to autumn - contact pool for actual opening times)

DIVING POOL

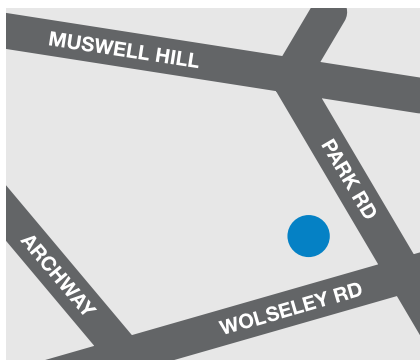
We endeavour to keep the diving pool open throughout our general opening times though due to school use and irregular bookings we are unable to offer a set timetable.

The set closures are as follows:

Tuesday 8.15am - 9.00am & 7.00pm - 9.00pm, Wednesday 12.15pm-1.15pm (School term only), and 4.30pm until closing, Thursday 8.15am-9.00am & 7.30pm-9.30pm

FOR YOUR SAFETY

- Please take note of the signs around the pool which show the depth of the water, indicate where diving is not allowed and list other activities that are not permitted.
- The adult child ratio is one adult to one child aged 0-4 years and one adult to two children aged 5-7 years (Adult = 16 years+).
- We strongly advise that all swimmers should have a shower before going into the water.
- Before entering the water, please let the Lifeguard know if you have an ongoing medical condition, for example; Asthma, Epilepsy or Diabetes. This will ensure you receive the proper attention if you have a problem while swimming. Your information will be kept confidential.
- The Leisure Centres' opening hours are detailed on the opposite page. These are not necessarily the operating hours of our swimming pools, these are located inside this brochure. The management reserve the right to alter the swimming programme times without prior notification.



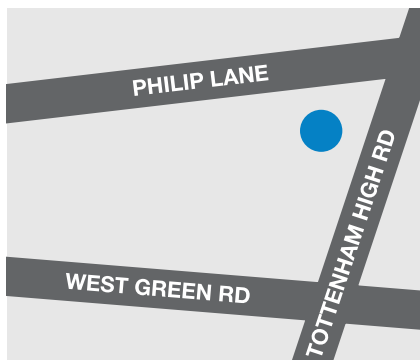
Park Road Leisure Centre

Park Road,
Hornsey, N8 8JN

020 8341 3567

Mon-Fri: 7am-9.30pm

Sat-Sun: 7.15am-7.30pm



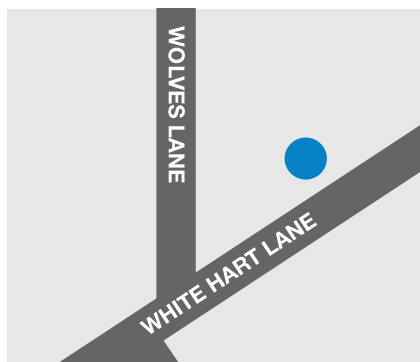
Tottenham Green Leisure Centre

1 Philip Lane,
Tottenham, N15 4JA

020 8489 5322

Mon-Fri: 7am-10.30pm

Sat-Sun: 7am-5.30pm



White Hart Lane Community Sports Centre

White Hart Lane,
Wood Green, N22 5QW

020 8881 2323

Mon-Fri: 10am-10.30pm

Sat-Sun: 9am-5.30pm

Last entry 30 minutes before close
No swimming facilities