

ST GEORGE'S LEISURE CENTRE TIMETABLE

Main Pool		Teaching Pool	
Monday			
7 am – 9 am	Lane Swimming (Adult Only)	12.30 – 1.30 pm	WOMEN ONLY
9 am – 12.30 pm	Swim for All* (no shallow end)		
12.30 – 1.30 pm	Lane Swimming (Adult Only)		
1.30 – 7.00 pm	Swim for All* (no shallow end)		
7.00 – 8.30 pm	Closed		
8.30 – 9.30 pm	MEN ONLY		
Tuesday			
7 am – 9 am	Lane Swimming (Adult Only)	12.30 – 1.30 pm	Y@H 50+ Swim
9 am – 2.30 pm	Swim for All* (no shallow end)		
12.30 – 1.30 pm	Lane Swimming (Adult Only)		
1.30 – 7.00 pm	Swim for All* (no shallow end until 4.30)		
7.00 – 9.30 pm	Lane Swimming (Adult Only)		
Wednesday			
7 am – 8.45 am	Lane Swimming (Adult Only)	7.00 – 9.30 pm	Lane Swimming (Adult Only)*
8.45 am – 12.30pm	Swim for All* (no shallow end)		
12.30 – 1.30 pm	Lane Swimming (Adult Only)		
1.30 – 7.00 pm	Swim for All* (no shallow end until 4.30)		
7.00 – 9.30 pm	Lane Swimming (Adult Only)*		
Thursday			
7 am – 9 am	Lane Swimming (Adult Only)	12.30 – 1.30 pm	Y@H 50+ Swim
9 am – 12.30 pm	Swim for All* (no shallow end)		
12.30 – 1.30 pm	WOMEN ONLY		
1.30 – 7.00 pm	Swim for All* (no shallow end until 4.30)		
Friday**			
7 am – 9 am	Lane Swimming (Adult Only)	12.30 – 1.30 pm	Adults and Under 5's
9 am – 12.30 pm	Swim for All* (no shallow end)		
12.30 – 1.30 pm	Lane Swimming (Adult Only)		
1.30 – 7.30 pm	Swim for All* (no shallow end until 4.30)		
7.30 – 9.30 pm	WOMEN ONLY		
Saturday			
8 – 9 am	Lane Swimming (Adult Only)	2.30 - 4.30 pm	Swim for All, Free Family Swim**
9 am – 12.30 pm	Swim for All*	5.30 – 6.30 pm	WOMEN ONLY
12.30 – 5.30 pm	Swim for All, Free Family Swim***		
Sunday			
8 – 9 am	Lane Swimming (Adult Only)	9 am – 1 pm	Family Swim
9 am – 6.30 pm	Swim for All*		

Swim Safely Rules:

Non swimmers and under 8's must be accompanied by a competent adult swimmer.

This adult may only supervise a maximum of 2 non swimmers or under 8's.

Adults must actively supervise children from within the water & Non swimmers must stay in shallow water.

It is strongly recommended that non swimmers wear armbands or buoyancy aids.

*Where lanes are provided during swim for all, these lanes are reserved for adult use (16+ years). At this time the pool may be shared with lessons in the shallow end, or a lane, or both.

** Free swim Friday offered to members only between 9am & 7.30pm.

*** Free family swim subject to membership agreements on Saturday only, to families only.

The last ticket for swimming is sold 30 minutes before closing.

GYM TIMES
Monday
7 AM TO 9.30 PM
Tuesday
7 AM TO 9.30 PM
Wednesday
7 AM TO 9.30 PM
Thursday
7 AM TO 9.30 PM
Friday
7 AM TO 9.30 PM WOMEN ONLY 7 PM TO 9 PM
Saturday
7 AM TO 9.30 PM
Sunday
7 AM TO 9.30 PM

The last ticket for a Gym Session is sold 30 minutes before the Gym Closes.

Off Peak Times (Pool & Gym)

Monday – Friday 7.00am – 12.00pm & 2.00pm – 5.00pm
Saturday 8.00am - 6.00pm
Sunday 2.30pm – 6.00 pm

Peak Times (Pool & Gym)

Monday – Friday 12.00pm – 2.00pm & 5.00pm – 9.30pm
Sunday 8.00am-2.30pm

St Georges Leisure Centre
221 The Highway
E1W 3BP
Phone Number - 0207 709 9714

Email stgeorges@gll.org
Web site www.better.org.uk/stgeorges

Better Swim School Prices

Direct Debit – Monthly

Child 30 minute £14.40 / Concession £10.60
Child 45 minute £21.74 / Concession £15.90
Adult 45 minute £22.65 / Concession £15.90
Pro rata and advance fee's apply To book www.better.org.uk/lessons

Annual Payment (50 lessons)

Child 30 minute £183.55 / Concession £129.00
Child 45 minute £264.00/ Concession £193.20
Adult 45 minute £271.25/ Concession £183.30