

Clubs

Sub Aqua Club

Thursday 8.30pm-9.30pm
Contact Con Mitchell 07956 363 495

Triathlon Club

Tuesday 7.30pm-8.30pm
Contact Paul Lewis 020 8741 3654

Coaching

John Gordon **07804 683 837**
Perry Marks **07714 587 646**
Norman Jones **07963 017 532**

Please contact the relevant coach for availability and costs.



Code of Conduct/Rules

Please familiarize yourself with the following rules:

Please note that swimmers use the unsupervised swimming pool at their own risk. Running, jumping and diving is not permitted at any time.

Family swimming:

Saturday 10.00am-6.00pm
Sunday 10.00am-6.00pm

Children must be supervised at all times by a responsible adult over the age of 18.

*Children are not permitted to use the pool at any other times (unless participating in lessons).

Swimming Club: Every Wednesday 7-9pm.
Led by our 3 coaches to improve fitness,



stroke technique and personal times.
Free to Club members, £5 per session for non-members.

All pool users must shower thoroughly before entering the water.

Appropriate swimwear must be worn at all times.

The use of swimming caps is recommended.

Our water temperature is kept between 27-29° C (80.5-83° F) as recommended by ISRM, ASA and PWT.

Please note that all duty managers are RLSS lifeguard qualified.

*Children are able to swim during half-term breaks between 10-12 and 2-4.

The Club reserves the right to close the pool at any time.

Charing Cross Sports Club

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