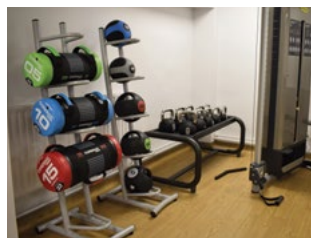


FITNESS SUITE OPENING TIMES

DAY	OPENING HOURS		
MON	6.45am-8.15am	8.15am-5pm CLOSED	5pm-10pm
TUES	6.45am-8.15am	8.15am-5pm CLOSED	5pm-10pm
WEDS	OPEN 5pm-10pm		
THUR	OPEN 5pm-10pm		
FRI	6.45am-8.15am	8.15am-4pm CLOSED	4pm-10pm
SAT	7.30am-6.45pm		
SUN	7.30am-6.45pm		



Get more out of your membership!

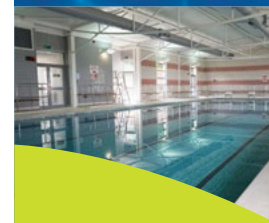
As well as the pool and fitness suite there are 40 fantastic group exercise classes a week to choose from including Boot Camp, Zumba, Aqua Aerobics and Group Cycling.

With great value memberships that include access to all the facilities plus tennis and badminton, Croydon High Sports Club is a great place to stay healthy with friends and family.

Email croydonhighsportsclub@cry.gdst.net for more info.

Ask for details of our Fitness Classes at reception, call 020 8657 9313 or visit www.croydonsportsclub.co.uk for more info.

Fitness Suite Timetable Swimming Pool Timetable



**Autumn 2026
Starts 29th August 2026**

Croydon High Sports Club
Croydon High School,
Old Farleigh Road,
Selsdon, South Croydon CR2 8YB

www.croydonsportsclub.co.uk

SWIMMING POOL OPENING HOURS ~ AUTUMN 2026

WEEKDAY OPENING HOURS								
	6.45am-8.15am				6.15pm-7.45pm	7.45pm-8.30pm	8.30pm-9.45pm	
MON	Adult Swim				General Swim	Aqua Fit	Adult Swim	
	6.45am-8.15am			6.15pm-7.30pm	7.30pm-8.15pm	8.15pm-9pm	9pm-9.45pm	
TUES	Adult Swim			General Swim	CLOSED	Adult Swim (half pool)	Adult Swim	
						7.15pm-8.30pm	8.30pm-9.45pm	
WEDS						General Swim	Adult Swim	
					6.30pm-7.45pm	7.45pm-8.30pm	8.30pm-9.45pm	
THUR					General Swim	Aqua Fit	Adult Swim	
	6.45am-8.15am				4pm-6pm	6pm-8.30pm	8.30pm-9.45pm	
FRI	Adult Swim				General Swim	CLOSED	Adult Swim	
WEEKEND OPENING HOURS								
	7.30am-9am	9am-10am	10am-12.30pm	12.30pm-2pm	2pm-4.30pm	4.30pm-5.30pm		
SAT	Adult Swim	General Swim	CLOSED	General Swim	Fun Session	Adult Swim		
	7.30am-9am	9am-10am	10am-12pm	12pm-2pm	2pm-3pm	3pm-4pm	4pm-4.45pm	4.45pm-5.45pm
SUN	Adult Swim	General Swim	CLOSED	General Swim	Fun Session	Adult Swim	Aqua Fit	General Swim

TIMETABLE NOTES

-  Adult Sessions are for 16 years+. Saturday and Sunday afternoon Adult swim sessions will be ½ pool once a month for staff training. Ask at reception for dates.
-  General Sessions are for all ages – 2 lanes available.
-  The pool is closed for swimming during Aqua Fit classes.
-  Fun Sessions are for all ages, no lanes available. Members are welcome to bring own floats and small inflatable toys, no air beds or rafts.

CHILDREN

- No child under the age of 16 shall be admitted to the pool area unless accompanied by a swimming adult member and only during General or Fun sessions.
- A strict swimming ratio of 1 adult per 2 under 8's must be adhered to at all times. The adult must be in the water at all times