



Free swimming for disabled people and carers



- 1. Britannia Leisure Centre**
40 Hyde Road, Hackney, London N1 5JU
Tel: 020 7729 4485
- 2. Clissold Leisure Centre**
63 Clissold Road, Stoke Newington, London N16 9EX
Tel: 020 7254 5574
- 3. Kings Hall Leisure Centre**
39 Lower Clapton Road, Hackney, London E5 0NU
Tel: 020 8985 2158
- 4. London Fields Lido**
London Fields Westside, Hackney, London E8 3EU
Tel: 020 7254 9038



In partnership with **Hackney**

Taking part in free swimming couldn't be easier. For details of the programme see www.gll.org/swimfreeinhackney or visit www.gll.org/swimfreeinhackney for full pool programme details.

Swim Free in Hackney



Great news! Swimming is now available for disabled people and carers for FREE! Your borough's free swimming programme is shown overleaf.

Disabled People

- Simply show one of the following proofs of eligibility at reception:
- Disability working allowance
 - Blue Badge
 - Severe disablement allowance
 - Mobility allowance
 - Incapacity benefit
 - Industrial injuries disablement benefit
 - Invalid care allowance
 - Disabled persons credit
 - Key Connection Card
- Want to learn to swim?**
- If you are disabled or a carer and unable to swim or would like to gain more confidence in the water please register for lessons at www.gll.org/swimfreeinhackney

Free swimming – Terms and Conditions

- Free swimming is available at designated times. Times are indicated on our full timetables, available at www.gll.org/swimfreeinhackney or overleaf
- Memberships are non transferable, and you may be asked for proof of identity.
- Up to a £5 replacement fee will be charged for lost or damaged cards, and access may be denied.
- Centre and swim safely pool rules apply.
- Hackney Council have the right to cease this offer at any time.
- Lockers are available for either 20p coin retain, or £1 coin return.

For information on accessibility at participating centres please visit www.gll.org

Carers or Personal Assistants

Your Hackney Carers Card allows you access to free swimming in participating pools. Just show your card at reception to gain free entry to swimming. If you do not have a Hackney Carers Card, then another form of ID is required. You are able to swim for free independent of the person you are caring for.

FREE for disabled people and carers

1. Britannia Leisure Centre		Term Time	School Holidays
Day	Time		Time
Monday	8.00am-10.00am 11.00am-12.00noon 12.30pm-1.30pm 2.00pm-7.00pm	DIS	8.00am-9.00am 9.00am-10.00am 10.00am-12.00noon 12.00noon-1.30pm 1.30pm-7.00pm
Tuesday	9.00am-11.00am 12.00noon-1.00pm 2.00pm-7.00pm		8.00am-12.00noon 12.00noon-1.30pm 1.30pm-7.00pm
Wednesday	8.00am-11.00am 11.00am-12.00noon 12.00noon-1.30pm 4.00pm-6.00pm 7.15pm-9.00pm	DIS 60+ WO	8.00am-9.00am 9.00am-10.00am 10.00am-12.00noon 12.00noon-1.30pm 1.30pm-6.00pm 7.30pm-9.00pm
Thursday	9.00am-11.00am 12.00noon-1.30pm 3.00pm-7.00pm	60+	8.00am-12.00noon 12.00noon-2.00pm 3.00pm-7.00pm
Friday	8.00am-9.30am 11.00am-12.00noon 1.00pm-7.00pm	DIS	8.00am-9.00am 9.00am-10.00am 10.00am-12.00noon 12.00noon-1.30pm 1.30pm-7.00pm
Saturday	9.00am-5.00pm		9.00am-5.00pm
Sunday	9.00am-5.00pm		9.00am-5.00pm

2. Clissold Leisure Centre		Term Time	School Holidays
Day	Time		Time
Monday	8.30am-9.15am TP 9.00am-12.00noon MP 9.30am-3.00pm TP 9.30am-5.30pm TP 3.30pm-6.00pm MP	DIS DIS	9.00am-5.00pm MP 7.00am-9.00am TP 7.00am-1.00pm TP 2.00pm-5.00pm TP
Tuesday	9.00am-12.00noon MP 9.30am-3.00pm TP 3.30pm-5.00pm TP 3.30pm-6.00pm MP 5.00pm-7.00pm	DIS DIS DIS	9.00am-5.00pm MP 7.00am-9.00am TP 7.00am-1.00pm TP 2.00pm-5.00pm TP 5.00pm-7.00pm
Wednesday	8.30am-9.15am TP 9.00am-12.00noon MP 9.30am-11.00am TP 1.30pm-3.00pm TP 3.30pm-5.30pm TP 3.30pm-6.00pm MP	DIS DIS DIS DIS	9.00am-5.00pm MP 7.00am-9.00am TP 7.00am-1.00pm TP 2.00pm-5.00pm TP
Thursday	9.00am-12.00noon MP 9.30am-3.00pm TP 3.30pm-5.30pm TP 3.30pm-6.00pm MP	DIS DIS	9.00am-5.00pm MP 7.00am-9.00am TP 7.00am-1.00pm TP 2.00pm-5.00pm TP
Friday	8.30am-9.15am TP 9.00am-12.00noon MP 9.30am-3.00pm TP 3.30pm-5.30pm TP 3.30pm-6.00pm MP	DIS DIS DIS	9.00am-5.00pm MP 7.00am-9.00am TP 7.00am-1.00pm TP 2.00pm-5.00pm TP
Saturday	8.00am-5.00pm MP 9.00am-1.30pm TP 4.00pm-5.30pm TP	WO	8.00am-5.00pm MP 9.00am-1.30pm TP 4.00pm-5.30pm TP
Sunday	8.00am-9.30am TP 8.00am-5.00pm MP 9.30am-3.30pm TP	MO	8.00am-9.30am TP 8.00am-5.00pm MP 9.30am-3.30pm TP

3. Kings Hall Leisure Centre		Term Time	School Holidays
Day	Time		Time
Monday	7.00am-9.30am 12.00noon-1.30pm 3.30pm-7.00pm	DIS	7.00am to 9.30am 9.30am-3.00pm 3.30pm-7.00pm 7.00pm-10.00pm
Tuesday	7.00am-9.00am 9.00am-12.00noon 12.00noon-1.30pm 3.30pm-7.00pm 7.00pm-10.00pm	DIS DIS DIS	7.00am-9.30am 9.30am-12.30pm 12.30pm-1.30pm 1.30pm-3.00pm 3.30pm-7.00pm 7.00pm-10.00pm
Wednesday	7.00am-9.00am 9.30am-12.30pm 12.00noon-3.30pm 3.30pm-8.00pm 8.00pm-10.00pm	60+ DIS DIS DIS	7.00am-9.30am 9.30am-12.30pm 12.30pm-1.30pm 1.30pm-3.00pm 3.30pm-7.00pm 7.00pm-10.00pm
Thursday	7.00am-9.00am 9.00am-12.00noon 12.00noon-1.30pm 3.30pm-6.00pm 6.00pm-10.00pm	DIS DIS DIS WO	7.00am-9.30am 9.30am-12.30pm 12.30pm-1.30pm 1.30pm-3.00pm 3.30pm-6.00pm 6.00pm-10.00pm
Friday	7.00am-9.30am 12.00noon-1.30pm 3.30pm-7.00pm 7.00pm-10.00pm	DIS	7.00am-9.30am 9.30am-12.30pm 12.30pm-1.30pm 1.30pm-3.00pm 3.30pm-7.00pm 7.00pm-10.00pm
Saturday	8.00am-9.30pm 9.30am-4.00pm 5.00pm-7.30pm	DIS MO	8.00am-9.30am 9.30am-4.00pm 5.30pm-7.30pm
Sunday	8.00am-9.30am 9.30am-2.00pm	DIS	8.00am-9.30am 9.30am-2.00pm

4. London Fields Lido		Term Time	School Holidays
Day	Time		Time
Monday	9.30am-6.00pm*		9.30am-6.00pm*
Tuesday	9.30am-7.00pm*		9.30am-7.00pm*
Wednesday	9.30am-6.00pm*		9.30am-6.00pm*
Thursday	9.30am-6.00pm*		9.30am-6.00pm*
Friday	9.30am-6.00pm*		9.30am-6.00pm*
Saturday	10.00am-6.00pm*		10.00am-6.00pm*
Sunday	10.00am-6.00pm*		10.00am-6.00pm*

* times may be subject to change depending on daylight hours

- FAM** Exclusive to children under 16 accompanied by at least one adult and meet swim safely guidelines
- 60+** An adult only session available free for persons aged 60 years and over
- WO** Exclusive for females 16 years and over
- MO** Exclusive for males 16 years and over
- DIS** A recognised quieter time within the pool that may be suitable for disabled swimmers
- DIS** At these times the maximum length of the pool available for swimming is 15m
- MP** Main Pool
- TP** Training Pool



Want to learn to swim for free?
www.gll.org/swimfreeinhackney
 to register for lessons