

Changing Rooms

The Lockside has three separate changing facilities to suit your preferences:

- Male changing, which includes an adult-only area.
- Female changing, which also has an adult-only area.
- A Family and Disabled Changing Room, which is equipped with five large cubicles.

All children aged 7 years and above who are accompanied by an adult of the opposite sex must be changed in the Family Changing Room, for which the family cubicles are ideal.

Overshoes must be worn at all times when spectating on poolside or entering the shower areas of the changing rooms.

Lockers should be used at all times and are available in all areas. You will require a £1 coin which is refunded when the locker is emptied.

These lockers should be emptied at the end of each visit.

Some lockers are available to hire on a yearly basis priced £100 per annum. Please enquire at Lockside Reception.

The Fitness Suite Service

For safety reasons all new gym users should undertake an induction – please book this with a member of the Fitness Team or by phone on 020 8614 6552. The induction will cover basic use of cardiovascular machines, resistance equipment and free weights.

The Fitness Team are able to offer a wide variety of advice on the following:

- Introductions
- Gym Assessments, including Fitness Publisher software workout packages
- Individual Programme prescription
- Ante/Post Natal advice
- Exercise for the over 50s
- Strength, Endurance Cardiovascular Training, Body Building and Nutritional advice.

In addition, most Fitness Team members are available for Personal Training sessions at an additional cost.

Basic Rules and Guidelines

- Members are requested to leave all kit bags in the changing rooms.
- Members are required to wear appropriate clothing and footwear (i.e. trainers or similar).
- No glass objects should be brought into the Fitness Suite or Studios.
- Out of courtesy to other members, please wipe down equipment after use.
- Please replace free weights in the racks.
- If you are performing multiple sets on any one piece of equipment please be considerate to other users.
- Mobile phones should not be used in the Fitness Suite, Studios or relax areas.
- If you are uncertain how to use a particular piece of equipment please ask advice from a member of the Fitness Team.

Crèche

The Crèche is a multi-purpose space. It is used as a Crèche daily (see Crèche session times for more details) and converts to the Blitz Junior Gym at 16:00 Mon to Fri (14:00 Sat, Sun) (see below).

Blitz Youth Gym

A bespoke fitness package with equipment supplied by SHOKK. A fun, exciting and funky environment. Available to junior members aged 10 years and above. Booking of time slots (via Lockside Reception) available 7 days in advance.

Mon to Fri 16:00–20:00 Sat, Sun 14:00–19:00

One-off Induction Fee £40.

Prams and pushchairs should be left at the designated area at the Lockside entrance at all times

Bookings at the Lockside

Members' Reception is the main administration centre for sports and leisure activities.

Leisure courses, holiday activities, sports and crèche bookings and towel licences will all be administered at Members' Reception ☎ 020 8614 6468.

However, members will be able to apply for locker licenses and book exercise classes and swimming lessons at the Lockside Reception ☎ 020 8614 6550.

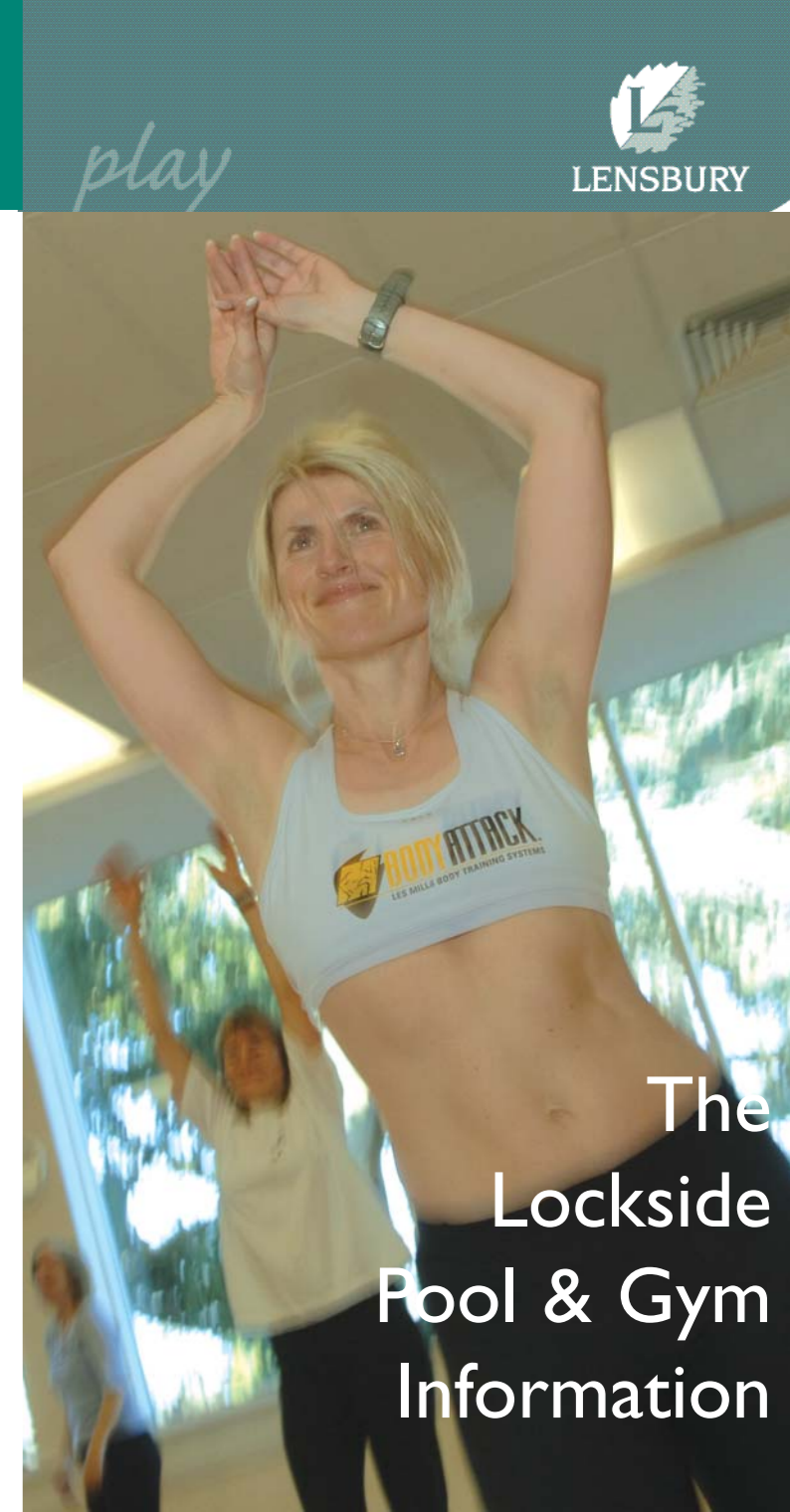
Please see separate leaflets for exercise and swimming lesson programmes.

Towels

Members and guests may hire towels at Lockside Reception under the following arrangements:

- For occasional use, hire a bath towel and hair towel at a charge of 60p.
- For regular users, a Towel Licence may be purchased. This costs £90 per annum and provides a bath towel and hair towel for your use on every visit to the Lockside. Towel Licences can be purchased at Members Reception.

Members cards/guest tickets will be held at Lockside Reception as a towel deposit, so please return all used towels to the Lockside Reception.



The
Lockside
Pool & Gym
Information

Welcome to Lensbury Lockside

This leaflet provides general information for the benefit of all using the Lockside. Please see separate leaflets for specific activities.

Broom Road, Teddington
Middlesex TW11 9NU
t 020 8614 6400
f 020 8614 6445
w www.lensbury.com
e enquiries@lensbury.com
Lockside Reception: 020 8614 6550

Pool Rules

- The lifeguards are present to ensure safety of pool users; their instructions must be obeyed at all times.
- To preserve pool water quality, members and guests are asked to shower before entering the pool.
- No food or drink may be consumed in the pool hall or the changing rooms.
- The use of cameras or video recorders is not permitted within the Lockside complex.
- All pool users are to be considerate of other swimmers.
- The Lockside pool operates a no diving policy.
- All swimmers using swimming aids i.e. armbands and rubber rings are asked not to go beyond the point indicated on the poolside (including inflatable sessions).
- All non-swimmers must be accompanied in the water by a competent adult swimmer, with a maximum of two children to one adult.
- Children of nappy wearing age must wear Aquanappies at all times. Other children of a young age should use the toilet before they swim.
- Children under the age of 9 years must be accompanied in the water by an adult swimmer at all times.
- Children aged 9–12 years inclusive, who are competent swimmers must pass a pool test (see lifeguards for details) to enable them to swim without parental supervision. A junior pool pass will be issued and should be shown on each visit. (Note – parents must remain on site).
- Junior members aged 13 years or over who are competent swimmers may use the pool unaccompanied.

Lockside Opening Hours

Monday to Thursday – 06:30 to 22:00 Friday 06:30 to 21:00 Saturday, Sunday & Bank Holidays – 07:30 to 20:00
(Opening hours are subject to change at Christmas, New Year and Bank Holidays).

Swimming Pool Programme

SWIMMING POOL TERM TIMETABLE

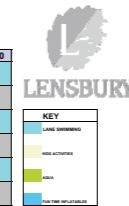
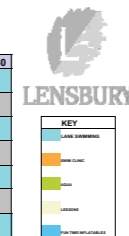
		06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday	Main Pool	Lane Swimming					GS	Aqua	General Swim			Lane Swimming			General Swim			Lessons			General Swim			Lane Swimming Adults Only								
	Learner Pool	Lane Swimming					Lessons					Lessons			Lessons			Lessons			Lessons			Lessons								
Tuesday	Main Pool	Lane Swimming					General Swim					Lane Swimming			General Swim			Lane Swimming			Swim Clinic			General Swim			Lane Swimming					
	Learner Pool	Lane Swimming					Lessons					Lessons			Lessons			Lessons			Lessons			Lessons			Lessons					
Wednesday	Main Pool	Lane Swimming					General Swim					Lane Swimming			Aqua	General Swim			Lessons			General Swim			Lane Swimming Adults Only							
	Learner Pool	Lane Swimming					Lessons					Lessons			Lessons			Lessons			Lessons			Lessons			Lessons					
Thursday	Main Pool	Lane Swimming					General Swim					Lane Swimming			General Swim			Lessons			Aqua			Lane Swimming								
	Learner Pool	Lane Swimming					Lessons					Lessons			Lessons			Lessons			Lessons			Lessons			Lessons					
Friday	Main Pool	Lane Swimming					GS	Aqua	General Swim			Lane Swimming			General Swim			Swim Clinic			General Swim			Lane Swimming Adults Only								
	Learner Pool	Lane Swimming					Lessons					Lessons			Lessons			Lessons			Lessons			Lessons			Lessons					
Saturday	Main Pool	Lane Swimming					Lessons					General Swim			Fun Time Inflatables			General Swim			Lane Swimming			Lane Swimming								
	Learner Pool	Lane Swimming					Lessons					Lessons			Lessons			Lessons			Lessons			Lessons			Lessons					
Sunday	Main Pool	Lane Swimming					General Swim					Fun Time Inflatables			General Swim			Lane Swimming			Lane Swimming			Lane Swimming								
	Learner Pool	Lane Swimming					General Swim					Fun Time Inflatables			General Swim			Lessons			Lessons			Lessons								

Lane Swimming Lane Sessions are provided so that members can swim lengths at their own pace uninterrupted.
Lessons The Lockside swimming team provides an extensive range of lessons from water babes through to personal survival.
Inflatable Fun Fun toys for ages 2+ years in the learner pool and inflatable for 5+ years (competent swimmers only) in the main pool.
Aqua A popular alternative fitness class for all ages and abilities; safe and effective exercises in the water to work the whole body.
Swim Clinic For adult and child swimmers, these provide participants with an opportunity to improve their technique and stamina under guidance of a qualified instructor.
Risk Activities Holiday only specific activities for Children, please see activity programme

SWIMMING POOL HOLIDAY TIMETABLE

		06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30
Monday	Main Pool	Lane Swimming					GS	Aqua	General Swim			Lane Swimming			Fun Time Inflatables			General Swim			Lane Swimming Adults Only											
	Learner Pool	Lane Swimming					Risk Activities					Risk Activities			Risk Activities			Risk Activities			Risk Activities			Risk Activities								
Tuesday	Main Pool	Lane Swimming					Risk Activities					Lane Swimming			General Swim			General Swim			Lane Swimming											
	Learner Pool	Lane Swimming					Risk Activities					Risk Activities			Risk Activities			Risk Activities			Risk Activities			Risk Activities								
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	Learner Pool	Lane Swimming					General Swim					Fun Time Inflatables			General Swim			Lessons			Lessons											
Sunday	Main Pool	Lane Swimming					General Swim					Fun Time Inflatables			General Swim			Lane Swimming			Lane Swimming											
	Learner Pool	Lane Swimming					General Swim					Fun Time Inflatables			General Swim			Lessons			Lessons											

Lane Swimming Lane Sessions are provided so that members can swim lengths at their own pace uninterrupted.



Activity Descriptions

Lane Swimming

Lane sessions are provided so that members can swim lengths at their own pace uninterrupted. Lane swimmers only during these times please, including holiday periods.

Swimming Lessons

The Lockside swimming team provides an extensive range of lessons from water babes through to personal survival. Please refer to the Lockside swim school programme or speak to the swim team for more details. Please note whilst lessons are in progress, the pools are closed.

Swim Clinic

For adult and child swimmers, these sessions provide participants with an opportunity to improve their technique and stamina under the guidance of a qualified swimming instructor. Please ask for details at Lockside Reception.

Fun Inflatables

Fun toys for ages 2+ years in the learner pool and inflatables for 5+ years (competent swimmers) in the main pool.

Aqua Classes

A popular, alternative fitness class for all ages and abilities; safe and effective exercises in the water to work the whole body.

Adult Only Areas

All members, residents and guests (except Social Guests) may use the Lockside facilities. However, the following areas are for those aged 16 years and over:

- The Adult only changing rooms within the male and female changing areas.
- The Sauna and Steam rooms in the male and female changing areas – costumes or towels should be worn at all times.
- The first floor of the complex, namely the Fitness Suite and Studio 1.
- The swimming pool has adult only (over 16's) lane swimming on Mondays, Wednesdays and Fridays from 20:00 to 22:00.