

# Westcroft Leisure Centre - 50+ Evergreens Timetable

Sports Activities			
(Drop in activity - pay at reception)			
Day	Time	Activity	Area
Monday	08:00-11:00	Badminton	Sportshall
Monday	08:00-13:00	Short Mat Bowls	Sportshall
Tuesday	13:00-16:00	Pickleball	Sportshall
Wednesday	08:00-12:00	Badminton	Sportshall
Wednesday	08:00-12:00	Pickleball	Sportshall
Wednesday	08:00-12:00	Short Mat Bowls	Sportshall
Wednesday	10.00-12.00	Table Tennis	M. Rooms
Thursday	08:00-12:00	Pickleball	Sportshall
Thursday	08:00-12:00	Short Tennis	Sportshall
Friday	08:00-12:00	Badminton	Sportshall
Friday	08:00-12:00	Short Tennis	Sportshall

Gym Sessions			
£4.00 per session			
Day	Time	Activity	Area
Monday - Friday	08:00 - 13:00	Gym	Gym

Class Programme			
Bookable 7 days in advance			
Day	Time	Activity	Area
Monday	12:00-12:45 *	Aqua Aerobics	Main Pool
Tuesday	13:00 - 14:00 *	Seated Pilates	Dance Studio
Wednesday	09:15 - 09:45	Low Impact Aerobics	Meeting Rooms
Wednesday	10:00 - 10:45	Forever Fit	Dance Studio
Wednesday	11.30 - 12.30 *	Seated Yoga	Dance Studio
Wednesday	12:15-13:00	Aqua Aerobics	Main Pool
Friday	12:45 - 13:30	Forever Fit	Dance Studio
Friday	13:30-14:15 *	Pilates	Dance Studio

Over 60's Sutton Residents Free Swim 8am - 4pm			
All Swimming Sessions must be pre-booked			
Day	Time	Activity	Area
Monday - Friday	08:00 - 16:00	Public or Lane Swimming	Main Pool

Westcroft  
Leisure Centre

Westcroft Road, Carshalton,  
SM5 2TG  
T | 020 8669 8666



everyone  
ACTIVE

This centre is managed in  
Partnership with Sutton  
Council.



## Session Information

\* Aqua (Mon), Seated  
Yoga/Seated Pilates are  
bookable  
on the day to benefit for the  
£4.00 price

Over 50's - Centre Membership  
= £17.20 (paid annually)  
Per Class or Sports Activity =  
£4.00

Gym visit = £4.00  
Online Gym Induction required  
before using the Gym.

