



# Swimming

There are four swimming facilities on the Heath: one outdoor Lido and three bathing ponds. Our opening times vary according to the season.

## Parliament Hill Lido

Our recently refurbished unheated outdoor 60-metre swimming pool, with small paddling pool, is open all year round.

## Lido Opening times

### Summer Season

7 May – 18 September

#### Early Morning Swim

7am – 9am

Vacate water 9.30am

#### Day Swim

10am – 6pm

Vacate water 6.30pm

#### Evening Swim

For adult lane swimming only

Mon, Thurs, Fri

6.45pm – 8pm

Vacate water 8.30pm

### Winter Season

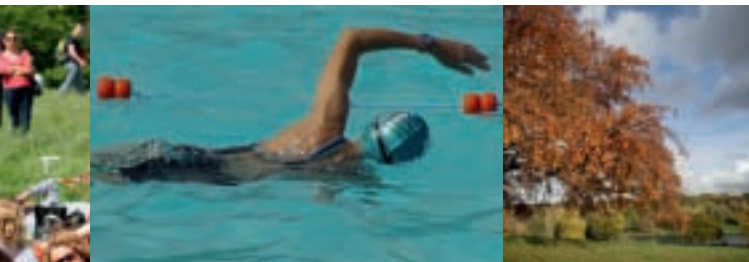
19 September – 5 May 2012

#### Early Morning Swim Only

7am – 12 noon

Vacate water 12.30pm





## Bathing ponds

The Heath has three unique and internationally famous bathing ponds: the Ladies', Men's and Mixed Ponds. These are available for competent swimmers over 8 years. Children between 8 and 15 years are permitted only if in the care of an adult responsible for their safety and good conduct. Two children per adult are permitted at the discretion of the lifeguard on duty. Swimmers may be asked to complete a short swim test to prove their competence.

## Swimming in winter

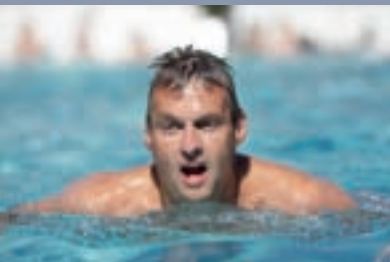
A safety audit has identified medical issues surrounding the physical and psychological acclimatisation associated with all year round recreational swimmers who enter water that is below 12°C.

### Dangers

- Numb and freezing cold injury
- Hypothermia
- Sudden Immersion Syndrome (SIS)

### Recommendations

- Complete a medical check for cold water swimming
- Continue swimming through the seasons, three to four times a week for a minimum of two to three minutes



## Swimming charges

All swimming facilities  
Full year season ticket

Adult: £160

Concession: £90

Summer season ticket

Adult: £102

Concession: £51

## Bathing Ponds

Day ticket

Adult: £2

Concession: £1

Full year season ticket

Adult: £110

Concession: £55

Summer season ticket

Adult: £55

Concession: £27.50

All income generated will be used to help maintain these facilities.

## Parliament Hill Lido

Early morning/Evening/  
Winter swim tickets

Adult: £2

Concession: £1

Under 16s and OAPs:

FREE (early morning only)

Summer day ticket

Adult: £5

Concession: £3

Family: £14

Full year season ticket

Adult: £136

Concession: £85

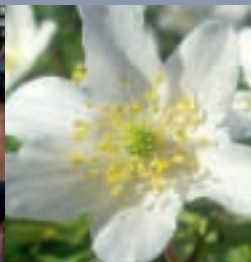
Summer season ticket

Adult: £100

Concession: £50

Monthly and 'Buy-one-get-one-free' season tickets are available for the summer season. Ask at the Lido for further information.





## Men's and Ladies' Ponds Opening Times, 2011 – 2012

<b>PERIOD from</b>	<b>Open</b>	<b>Vacate water</b>	<b>Vacate facility</b>
27 Mar	7.00am	3.30pm	3.45pm
10 Apr	7.00am	5.30pm	5.45pm
24 Apr	7.00am	7.30pm	7.45pm
8 May	7.00am	8.30pm	8.45pm
14 Aug	7.00am	8.00pm	8.15pm
21 Aug	7.00am	7.45pm	8.00pm
28 Aug	7.00am	7.30pm	7.45pm
11 Sept	7.00am	6.30pm	6.45pm
2 Oct	7.15am	5.30pm	5.45pm
9 Oct	7.30am	4.30pm	4.45pm
16 Oct	7.45am	4.30pm	4.45pm
30 Oct	7.00am	2.15pm	2.30pm
6 Nov	7.10am	2.25pm	2.40pm
13 Nov	7.20am	2.35pm	2.50pm
20 Nov	7.30am	2.45pm	3.00pm
27 Nov	7.40am	2.55pm	3.10pm
4 Dec	7.50am	3.05pm	3.20pm
11 Dec	8.00am	3.15pm	3.30pm
22 Jan 12	7.50am	3.05pm	3.20pm
29 Jan 12	7.40am	2.55pm	3.10pm
5 Feb 12	7.30am	2.45pm	3.00pm
12 Feb 12	7.20am	2.35pm	2.50pm
19 Feb 12	7.10am	2.25pm	2.40pm
26 Feb 12	7.00am	2.15pm	2.30pm



## Mixed Pond Opening Times

### Summer Season

7 May – 18 September

Open: 7am

Vacate water: 6.30pm Vacate facility: 6.45pm

There is late evening swimming on all

**Wednesdays** in the month of July.

Vacate water: 8.30pm

Vacate facility: 8.45pm

### Winter Season

24 September 2011 – April 2012

Swimmers wishing to use the Mixed Pond during the winter season must join the Hampstead Heath Winter Swimming Club. Membership of the club is open to all adults, who swim at their own risk without lifeguards.

There is an annual membership fee of £15 which covers insurance. To enquire about membership call Marc Hutchinson: **07879 444 380**.

Contact details for other Heath swimming organisations are on pages 59

