

► 50+ SWIM

Exclusive pool time for 50 years+ users.

► ADULTS LANES ONLY

Exclusive adult pool time, lane swimming only.

► AQUAFIT

Workout in the water to music, this low impact class is great fun yet easy on the joints, working against the resistance of the water. Ideal for swimmers and non swimmers.

► DISABLED AND REHABILITATION

A relaxed pool session for those with a disability, who may have mobility issues and those rehabilitating.

► Big Swim

Our exciting full feature swimming session with wave machine, water slide, various water jets, cannons and bubbles.

► GENERAL LANES

Open to all, lane swimming only.

► GENERAL SWIM

Open to all, no lanes available.

► LEARN TO SWIM

We offer a full range of swimming lessons including babies through to juniors and competitive swimming. We also offer adult lessons so it's never too late to learn. Please see our Learn to Swim leaflet for more details. Centres may vary.

► NORTHALLERTON AMATEUR SWIMMING CLUB (NASC)

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact nasc@nasc.co.uk for more information.

► PARENT AND TOTS

A swim session for parents with children under 5 only. Small selection of toys and floats available.

► SAUNA

For 16 years and over only. Opening times correspond with the pool opening times, except School Swimming.

SAFETY AND SUPERVISION

In line with CIMSPA National Safety guidelines, a responsible adult must accompany children under eight using the swimming pools. All sessions are operated on a two children to one adult basis for all children under eight. Adults should maintain a constant watch over the children and remain in close contact with weak/non swimmers. Please inform the lifeguards if you have a medical condition that may compromise your safety or that of other swimmers before entering the pool. If you have experienced sickness or diarrhoea in the last 48 hours you should not enter the pool. Appropriate swimwear must be worn at all times.

SAFEGUARDING

If you have any concerns about the welfare of a child or vulnerable adult, please ask to speak to the Duty Manager.

We review our timetables regularly and amend the leaflet as required

 The centres are accessible to people with a wide range of disabilities.

You can request this information in another language or format at northyorks.gov.uk/accessibility


**Bedale
Leisure Centre**
(01677) 427272

**Northallerton
Leisure Centre**
(01609) 777070

**Stokesley
Leisure Centre**
(01642) 711140

**Thirsk & Sowerby
Leisure Centre**
(01845) 522447

zest-leisure.co.uk

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TERM TIME

**Northallerton
Leisure Centre**



Swimming Timetable



Issued 6 November 2023

Main Pool and Lagoon

		6.45am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9pm
MON	M	General Lanes ♦					School Swimming					Adult Lane Swim ♦		Disabled & Rehabilitation		Discount Dip					Learn to Swim					Northallerton Amateur Swim Club					
	L							School Swimming																							
TUES	M	General Lanes ♦					50+ ♦		General Swim			Adult Lane Swim ♦		General Swim ○					Learn to Swim			General Swim ●		Adult Lessons		Adult Lane Swim ♦					
	L						Parent & Tots		General Swim																						
WED	M	General Lanes ♦					School Swimming					Adult Lane Swim ♦		Aquafit		General Swim ○			Learn to Swim			Northallerton Amateur Swim Club									
	L						School Swimming																								
THURS	M	General Lanes ♦					50+ ♦		General Swim			Adult Lane Swim ♦		General Swim		Staff Training			Learn to Swim			General Swim ●		Adult Lane Swim ♦							
	L						Parent & Tots		General Swim																						
FRI	M	General Lanes ♦					School Swimming					Adult Lane Swim ♦		General Swim ○					Learn to Swim		Big Swim		Aquafit		Northallerton Amateur Swim Club						
	L						School Swimming																								
SAT	M	General Lanes ♦			Learn to Swim				Big Swim																						
	L						Learn to Swim																								
SUN	M					General Lanes ♦				Big Swim										Northallerton Amateur Swim Club											
	L						General Lanes ♦																								
		6.45am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9pm

KEY

M Main Pool

L Lagoon

● Water slide

○ Water slide used intermittently

♦ Lanes available

A call out process will be implemented if maximum numbers are reached.

General Information

- ▶ Lockers £1 returnable
- ▶ Vending machines are available
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Times are subject to change on Bank Holiday
- ▶ We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C - 30°C
- ▶ Please check our website and facebook page for news on any changes to the programme

Discount Dip

Swim on a Monday at 2 - 3.45pm
for just **£1.65**



Offer available term time only

SWIMTAG

Wearable technology that helps you track your swim activity and improve your performance. Ask at Reception.

