## ▶ 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 lifequards 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

 $(\xi_{\lambda})$  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 Northallerton Leisure Centre Leisure Centre Leisure Centre (01677) 427272 (01609) 777070 (01642) 711140 (01845) 522447

Thirsk & Sowerby Stokesley Leisure Centre

## zest-leisure.co.uk



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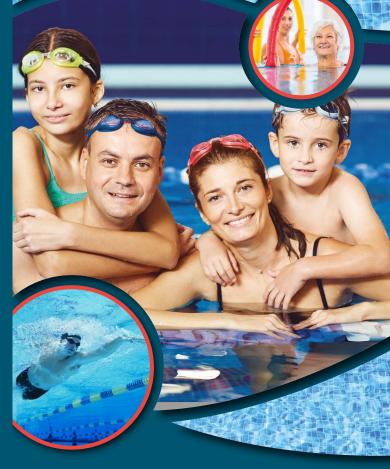


## **TERM TIME**

Northallerton Leisure Centre



Swimming Timetable



Issued 6 November 2023

#### Main Pool and Lagoon

6.45am	י <b>7</b>	7.3	0	88	.30	9	9.30 10	10.30	<b>11</b> 11.30	12	noon 12.30 1		1.30 2	2.3	o <b>3</b>	3.30		4	4.30	<b>5</b> 5.	30	6	6.30	<b>7</b> 7.	30 <b>8</b>	8.30	0 <b>9</b> pm
MON H		General Lanes					School Swimming				Adult Lane Disabled & Point Contract Co			Dis	scount	ount Dip			Learn to Swim				Northallerton Amateur Swim Club				
TUES M		General Lanes				50+  General Swim Parent & Tots				Adult Lane Swim ♦ Genera				wim			Learn to Swim				eneral Swim	Adu Lesso		Adult L Swim			
WED M		General Lanes				School Swimming				Adult Lane Swim ♦		Aquafit General			Swim		Learn to Swim			Northallerton Amateur Swim Club					lub		
		General Lanes				50+  General Swim Parent & Tots			Adult Lane Swim ♦	General Swim Staff Tr			aff Trai	ning	Learn to					General Swim			<b>•</b>				
FRI M		General Lanes				School Swimming				Adult Lane Swim ◆			General Swim O				Learn to Swim					Northallerton Amateur Swim Club					
SAT M		General Lanes					rn to Swim				<b>Big Swim</b>				-												
SUN M					Gene	eral I	anes				Big Swim					No			erton Amateur vim Club								
6.45am	⊣ <del> </del> ∩ <b>7</b>	7.3	0	 8 8	.30	<del> </del> 9	9.30 10	10.30	<b>11</b> 11.30	12	noon 12.30 1		1.30 2	2 2.3	o 3	3.30		4	4.30	<b>5</b> 5.	30	6	6.30	<b>7</b> 7.	30 <b>8</b>	<b>B</b> 8.30	0 <b>9</b> pm

#### KEY

M Main Pool

- L Lagoon
- Water slide

O Water slide used intermittently

 $\blacklozenge$  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



