

► 50+ SWIM

Exclusive pool time for 50years+ 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.

► ACCESSIBLE SWIM

A session designed for people with a disability, mobility issues or long-term health conditions. A Pool hoist assisted entry will be available for easy access to the pool. Swimming aids/floats are available to assist swimmers in the pool if required.

► FAMILY FUN

Enjoy the pool, splash about to music and have some fun with floats at our new family swim session. Juniors must be accompanied by adults.

► GENERAL LANES

Open to all, lane swimming only.

► GENERAL SWIM

Open to all, no lanes available.

► HATRIC

The club provides a safe and enjoyable environment to enable members of the community to enjoy and take part in this inclusive, multi-disciplined sport of triathlon.

► 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.

► POOL PARTY

Hire the pool for exclusive use to celebrate with your family and friends, ask at reception for further information.

► SAUNA

SAUNA For 16 years and over only. Opening times correspond with the pool opening times.

► THIRSK WHITE HORSE SWIM TEAM

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact thirskswimteam@gmail.com for more information.

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



TERM TIME

Thirsk & Sowerby
Leisure Centre



Swimming Timetable



Issued 2 September 2024

Main Pool & Sauna

	6.30am	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	9	9.30	
MON		General Lanes ♦					Aquafit		Adult Lessons		50+ ♦			Adult Lanes Swim		General Swim ♦					Learn to Swim					Swim Club					Adult Lanes Swim	
TUES		General Lanes ♦				School Swimming							Adult Lanes Swim		General Swim ♦					Learn to Swim					General Swim ♦		Swim Club			Adult Lanes Swim		
WED		General Lanes ♦				School Swimming							Adult Lanes Swim		50+ ♦			Accessible Swim		Learn to Swim					General Swim ♦		Nordic Divers General Swim			Aquafit		Adult Lanes Swim
THURS		General Lanes ♦				School Swimming							Adult Lanes Swim	Staff Training						Learn to Swim					Swim Club					Adult Lanes Swim		
FRI		General Lanes ♦		Aquafit		School Swimming							Adult Lanes Swim		General Swim ♦		Discount Dip		Learn to Swim					General Swim ♦		Swim Club						
SAT		Swim Club				Learn to Swim						General Swim			Family Fun			Adult Lanes Swim		HaTric												
SUN		Swim Club				Adult Lanes Swim		General Swim						Adult Lanes Swim		Book your pool party																

Small Pool

	6.30am	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	9	9.30		
MON							Pre School Lessons				Pre School Lessons					General Swim						Learn to Swim							Aquafit				
TUES							School Swimming									General Swim						Learn to Swim			General Swim								
WED							School Swimming											Accessible Swim					Learn to Swim		General Swim								
THURS							School Swimming					Pre School Lessons	Staff Training							Learn to Swim		General Swim											
FRI							School Swimming					Pre School Lessons					Discount Dip					Learn to Swim			General Swim								
SAT					Learn to Swim						Pre School Lessons			Family Fun		General Swim																	
SUN						General Swim												Book your pool party															

General Information

- ▶ Lockers £1 returnable
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Vending machines are available
- ▶ 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 Small pool 30°C - 32°C
- ▶ Please check our website and facebook page for news on any changes to the programme
- ▶ All sessions are inclusive of any changeover time required

KEY ♦ Lanes available

Discount Dip

Swim on a Friday at 2.30 - 3.30pm
See price list

Offer available term time only



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

