

## ▶ 50+ SWIM

Exclusive pool time for 50 years+ users.

## ▶ ADULTS LANES ONLY

Exclusive adult pool time, lane swimming only.

## ▶ ACCESSIBLE SWIM

A session designed for people with a disability, mobility issues or long-term health conditions. Pool chairs are available for easier access entering the beach sloped lagoon. Swimming aids/floats are available to assist swimmers in the pool.

## ▶ 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.

## ▶ AQUANATAL

An experienced midwife will guide pregnant people through a range of exercises, using the buoyancy of the water for support. you can start at any point in your pregnancy, this is a great way to have fun, improve your fitness and maintain a healthy weight while pregnant.

## ▶ 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](mailto: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.

## ▶ POOL PARTY

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

## ▶ SAUNA

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

## ▶ SEND SWIM

A session to cater for Special Education Needs and Disabilities with carers/family, a quieter session without the use of the water slide, waves and water features.

### 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](http://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](http://zest-leisure.co.uk)

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TERM TIME

Northallerton  
Leisure Centre



# Swimming Timetable



Issued 2 September 2024

# 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																																
TUES	M		General Lanes ♦					50+ ♦		General Swim				Adult Lane Swim ♦		Aquanatal	General Swim ○			Learn to Swim				General Swim ●	Adult Lessons	Adult Lane Swim ♦							
	L						Parent & Tots									Parent & Tots																	
WED	M		General Lanes ♦					School Swimming						Adult Lane Swim ♦		Aquafit	General Swim ○			Learn to Swim				Northallerton Amateur Swim Club									
	L																																
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																										
FRI	M		General Lanes ♦					School Swimming						Adult Lane Swim ♦		General Swim ○			Learn to Swim	<b>Big Swim</b>		Aquafit	Northallerton Amateur Swim Club										
	L																																
SAT	M		General Lanes ♦		Learn to Swim				<b>Big Swim</b>																								
	L																																
SUN	M			General Lanes ♦		SEND swim		<b>Big Swim</b>										Book your party here															
	L																																

## 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
- ▶ All sessions are inclusive of any changeover time required

## Discount Dip

Swim on a Monday at 2.00 - 3.45pm  
See price list



Offer available term time only



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

