

Stokesley
Leisure Centre

Swimming

Timetable



▶ **50+ SWIM**

Exclusive pool time for 50years+ users.

▶ **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.

▶ **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.

▶ **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.

▶ **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**

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

▶ **STOKESLEY AMATEUR SWIMMING CLUB**

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact stokesleyASC@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
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  **zest-leisure.co.uk**



Main 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		General Lanes ♦					School Swimming					Adult Swim ♦			50+ ●			School Swimming			General Swim ● Learn to Swim					Adult Lane Swim ♦		Aquafit				
TUES		General Lanes ♦					School Swimming					Adult Swim ♦			Aquafit		General Swim ●			General Swim ● Learn to Swim				Stokesley Amateur Swimming Club								
WED		General Lanes ♦					Aquafit		Adult Lessons		Adult Swim ♦		Discount Dip		General Swim ●			General Swim ● Learn to Swim				Adult Lessons		Adult Lane Swim ♦								
THURS		General Lanes ♦					School Swimming					Adult Swim ♦		Staff Training				General Swim ● Learn to Swim				Stokesley Amateur Swimming Club		Adult Lane Swim ♦								
FRI		General Lanes ♦					50+ ●		Aquafit		General Swim ●		Adult Swim ♦		Accessible Swim			Learn to Swim				General Swim ●		Adult Lane Swim ♦								
SAT		Swim Club		Learn to Swim				General Swim ●																								
SUN		General Swim ●					Family Fun		Book your pool party		Stokesley Amateur Swimming Club																					

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

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 **Key**

- ▶ 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

♦ Lanes available ● Single lane

Discount Dip

Swim on a Wednesday at 1 - 2pm
See price list



Offer available term time only



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

