▶ 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**

BedaleNorthallertonStokesleyThirsk & SowerbyLeisure CentreLeisure CentreLeisure CentreLeisure Centre(01677) 427272(01609) 777070(01642) 711140(01845) 522447





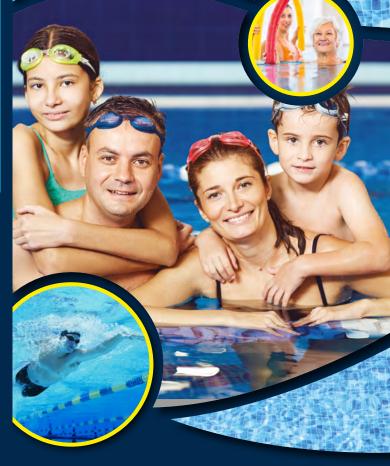


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TERM TIME

Stokesley Leisure Centre





Issued April 2025

Main Pool

6.30	0am 7 7.30 8 8.30	9 9.30 10 10.30 11	1.30 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 9.3
MON	General Lanes 🔶	School Swimming	Adult Swim	
TUES	General Lanes 🔶	School Swimming	Adult Swim Aquafit General Swim	General Swim Stokesley Amateur Swimming Club
WED	General Lanes 🔶	Aquafit Adult Lessons	Adult Swim Discount Dip General Swim	● General Swim ● Adult Lane Swim ◆
THURS	General Lanes 🔶	School Swimming	Adult Swim Staff Training	General Swim Stokesley Amateur Adult Lane Learn to Swim Swim 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

6.3 0	am 7	7.30	8	8.30	9	9.30	10	10.30	11	11.30) 12 n	100n 12	.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.3	io 8	B 8	3.30	9.30
MON						Sc	chool	Swimm	ning		Gen Sw	ieral /im	Pre Sc	hool	Lesson			chool immin	g			Learn	to Swim	n							
TUES							Sch	ool Swii	mming				ichool sons		(enero	al Swin	n				Learn	to Swim	n							
WED							Gei	neral Sw	/im		Pre Sc	hool L	essons	Disc	ount Dip	G	eneral	Swim				Learn	to Swim	า							
THURS							Sch	ool Swii		General Swim					aff Training			Learn to Swim													
FRI							Pre	School L	essons.				Gener	al Swi	m		essibl wim	e			Leo	arn to S	wim			Gene	eral Sv	vim			
SAT								Learn	to Swir	n					eneral wim																
SUN						G	ener	al Swim					Fami	ly Fur	, k	Book y Dool po	our arty														

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

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

Discount Dip

See price list

O)SWIMTAG

Swim on a Wednesday at 1- 2pm

