

## ► 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

Including floats, toys, disco music and games for children.

## ► POOL PARTY (Book your own 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](mailto: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](http://northyorks.gov.uk/accessibility)

<b>Bedale</b>	<b>Northallerton</b>	<b>Stokesley</b>	<b>Thirsk &amp; Sowerby</b>
<b>Leisure Centre</b>	<b>Leisure Centre</b>	<b>Leisure Centre</b>	<b>Leisure Centre</b>
(01677) 427272	(01609) 777070	(01642) 711140	(01845) 522447



**zest-leisure.co.uk**



**NORTH  
YORKSHIRE  
COUNCIL**

## HOLIDAY

**Stokesley**  
Leisure Centre

# Swimming Timetable



**7 - 21 April 2025**

## Main Pool

Times are subject to change on Bank Holiday Monday - please see below for opening hours and session times

	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	9.30pm							
MON	General Lanes ♦								General Swim ●					Adult Swim ♦		50+ ●		General Swim ●					Learn to Swim					Adult Lane Swim ♦		Adult Lessons								
BANK MON													Adult Swim ♦		50+ ●		General Swim ●					Learn to Swim																
TUES	General Lanes ♦								General Swim ●					Adult Swim ♦		General Swim ●		General Swim ●					Learn to Swim					Stokesley Amateur Swimming Club										
WED	General Lanes ♦							Aquafit	Adult Lessons		General Swim ●		Adult Swim ♦		Pool Party		General Swim ●					Learn to Swim					Adult Lane Swim ♦		General Lanes ♦									
THURS	General Lanes ♦								General Swim ●					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		General Swim ●					Learn to Swim					Adult Lane Swim ♦										
GOOD FRI													Adult Swim ♦		Accessible Swim		General Swim ●					Learn to Swim																
SAT		Stokesley Amateur Swimming Club			General Swim ●								Learn to Swim																									
SUN				General Swim ●									Family Fun		Book your pool party		Stokesley Amateur Swimming Club																					

## Small Pool

Times are subject to change on Bank Holiday Monday - please see below for opening hours and session times

	6.30 am	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 pm													
MON								General Swim												Learn to Swim																								
BANK MON													General Swim												Learn to Swim																			
TUES								General Swim												Learn to Swim																								
WED								General Swim											Pool Party				Learn to Swim																					
THURS								General Swim										Staff Training						Learn to Swim																				
FRI								General Swim											Accessible Swim				Learn to Swim											General Swim										
GOOD FRI													General Swim			Accessible Swim				Learn to Swim																								
SAT						Learn to Swim										General Swim																												
SUN				General Swim											Family Fun			Book your pool party																										

### Key

- ♦ Lanes available
- Single lane

### General Information

- ▶ Lockers £1 returnable
- ▶ Vending machines are available
- ▶ Swimwear and swimming equipment available to buy at reception

- ▶ 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

