

## ► 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 in the water.

## ► FUN ZONE

A wet and wild fun session with lots going on! Fun Zone sessions are open to all ages and abilities.

## ► GENERAL LANES

Open to all, lane swimming only.

## ► GENERAL SWIM

Open to all, no lanes available.

## ► HYDROFIT

A full body workout with a combination of deep water exercises engaging the core using woggles and dumbbells. This improves posture and flexibility. Support with an aquabelt is 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.

## ► 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.

## ► SAUNA

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

## 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](https://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**

**Bedale**  
Leisure Centre

# Swimming Timetable



**12 – 21 April 2025**

# Pool Timetable

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

	6.45 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	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 pm	
MON		General Lanes ◆				General Swim				50+			Adult Lane Swim ◆	General Swim			Learn to Swim		General Swim		Aquafit		Adult Lessons	Adult Lane Swim ◆							
EASTER MON													Adult Lane Swim ◆	General Swim			Learn to Swim														
TUES		General Lanes ◆				General Swim					Aquafit		Adult Lane Swim ◆	Closed for Staff Training			Learn to Swim		General Swim		Adult Lane Swim ◆	NASC									
WED		General Lanes ◆				General Swim				Fun Zone			Adult Lane Swim ◆		Hydrofit		Aquafit	Learn to Swim		Fun Zone		General Swim		Adult Lane Swim ◆							
THURS					General Swim							Aquafit		Adult Lane Swim ◆	General Swim		50+	Learn to Swim		General Swim		NASC		Adult Lane Swim ◆							
GOOD FRI													Adult Lane Swim ◆	Accessible Swim		General Swim		Learn to Swim													
SAT				General Lanes ◆	Learn to Swim							General Swim																			
SUN				General Lanes ◆	Family Fun		Fun Zone		General Swim ◆		Book your party here																				

## General Information

- ▶ Lockers £1 returnable
- ▶ Vending machines are available
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Please check our website and facebook page for news on any changes to the programme

- ▶ We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C - 30°C
- ▶ Times are subject to change on Bank Holiday
- ▶ All sessions are inclusive of any changeover time required
- ▶ RAF swim tests may take place Mon-Fri between 7.45-9am

**Key** ♦ Lanes available • Single lanes

