

► 50+ SWIM

Exclusive pool time for 50 years+ 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.

► 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 for more information.

► PARENT & TOTS

A swim session for parents with children under 5 only. Small selection of toys and floats available.

► SAUNA

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


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
--	---	---	--

zest-leisure.co.uk



NORTH
YORKSHIRE
COUNCIL

HOLIDAY

**Northallerton
Leisure Centre**

Swimming Timetable



26 May – 1 June 2025

Main Pool and Lagoon

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
BANK HOL MON	M													Adult Lane Swim ♦	Accessible Swim			Big Swim													
	L																														
TUES	M													Adult Lane Swim ♦				Big Swim													
	L																														
WED	M													Adult Lane Swim ♦				Big Swim													
	L																														
THURS	M													Adult Lane Swim ♦				Big Swim													
	L																														
FRI	M													Adult Lane Swim ♦				Big Swim													
	L																														
SAT	M																														
	L																														
SUN	M																														
	L																														

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



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



- KEY**
- M Main Pool
 - L Lagoon
 - Water slide
 - ♦ Lanes available