

► 50+ SWIM

Exclusive pool time for 50years+ users.

► 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.

► DISABLED & REHABILITATION

An exclusive pool session with pool chair lift to ensure comfortable entry and exit from the water for people with mobility difficulties. Plus a variety of equipment is on hand to aid swimming.

► FAMILY SWIM

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

► 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

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, except School Swimming.

► 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.

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

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TERM TIME

Bedale
Leisure Centre



Swimming

Timetable



Issued 8 April 2024

Pool Timetable

	6.45am	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	9pm
MON		General Lanes ◆				General Swim				50+			Adult Lane Swim ◆	General Swim		Discount Dip		Learn to Swim			General Swim ●		Aquafit		Adult Lessons		Adult Lane Swim ◆			
TUES		General Lanes ◆				General Swim				Aquafit		Adult Lane Swim ◆	Staff Training			Learn to Swim			General Swim ●	NASC Waterpolo		NASC								
WED		General Lanes ◆				School Swimming						Adult Lane Swim ◆		Hydrofit		Discount Dip	Learn to Swim			Fun Zone		General Swim ●	Adult Lane Swim ◆							
THURS					General Swim	Pre School lessons		General Swim	Aquafit		Adult Lane Swim ◆	General Swim		50+	Learn to Swim			General Swim ●	NASC		Adult Lane Swim ◆									
FRI		General Lanes ◆					School Swimming				Adult Lane Swim ◆	Disabled and Rehabilitation	General Swim		Learn to Swim			General Swim ●												
SAT				General Lanes ◆	Learn to Swim								General Swim																	
SUN				General Lanes ◆	Family Swim		Fun Zone		General Swim ◆	Book your pool party																				
	6.45am	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	9pm

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 Small pool 30°C - 32°C
- ▶ RAF swim tests may take place Mon-Fri between 7.45-9am
- ▶ Times are subject to change on Bank Holiday

KEY ♦ Lanes available ● Single lane

Discount Dip

Swim on a Monday at 2.45 - 3.45pm and Wednesday at 2.45 - 3.30pm
See price list



Offer available term time only



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

