▶ 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

A relaxed pool session for those with a disability, who may have mobility issues and those rehabilitating.

► 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.

► HATRIC

The club provides a safe and enjoyable environment to enable members of the community to enjoy and take part in this inclusive, multi-disciplined sport of triathlon.

▶ 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.

SAUNA

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

▶ THIRSK WHITE HORSE **SWIM TEAM**

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact thirskswimteam@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

5. 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

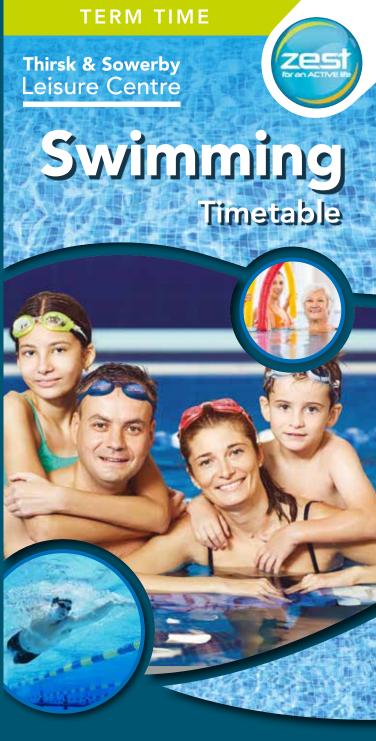
Leisure Centre Leisure Centre

Thirsk & Sowerby (01677) 427272 (01609) 777070 (01642) 711140 (01845) 522447

zest-leisure.co.uk







Issued 2 October 2023

Main Pool & Sauna 8 9 10 10.30 11 11.30 12_{noon} 12.30 2 3 5 6 7 8 9 6.30am 7 9.30 7.30 8.30 9.30 1.30 2.30 3.30 4.30 5.30 6.30 7.30 8.30 Adult Adult Lanes Adult General Swim • MON General Lanes ◆ 50+ **◆** Aquafit Swim Club Learn to Swim Lessons Swim anes Swim General **Adult Lanes** Adult Lanes **TUES** General Lanes ◆ General Swim • **School Swimming** Learn to Swim Swim Club Swim • Swim Swim General Nordic Divers **Adult Lanes** Disabled and Rehabilitation Adult Lanes **WED** General Lanes • **50+** ◆ Aquafit **School Swimming** Learn to Swim Swim Swim • Swim General Swim **Adult Lanes** Adult Lanes THURS **Staff Training** General Lanes • **School Swimming** Learn to Swim Swim Club Swim Swim Discount Adult Lanes General General General Learn to FRI Aquafit **School Swimming** Swim Club Swim • Dip Swim • Lanes Swim Swim General **Adult Lanes** Family Fun SAT Swim Club Learn to Swim HaTric Swim Swim Adult Lanes Adult Lanes SUN **General Swim** Swim Club Swim Swim

6.30am	7	7.30	8	8.30	9 9.30	10 1	0.30 1	1 11.30 12	noon 12	2.30	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
MON					Pre Schoo Lessons			Pre School Lessons				Gene Swi					Lea	rn to	Swim					A	Aquafit			
TUES						ng				General Swim	I					Learn	to Sw	vim	Ger Sv	neral vim								
WED						School Swimming								Disabled and Rehabilitation			Lea	rn to	Swim	Ger Sw								
THURS						School Swimming				Pre School Lessons			Staff Training			Learn to Swim			Ger Sw	eral im								
FRI						School Swimming				Pre School Lessons				Discount Dip						Gene Swir								
SAT				Loarn to Swim				Pre School Lessons		Famil	ly Fun Gene Swir																	
SUN					General Swim																							

General Information

- Lockers £1 returnable
- Swimwear and swimming equipment available to buy at reception
- ► Vending machines are available
- ► 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 Small pool 30°C 32°C
- ▶ Please check our website and facebook page for news on any changes to the programme

KEY ◆ Lanes available

Discount Dip

Swim on a Friday at 2.30 - 3.30pm for just





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

