

► 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

 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



TERM TIME

Thirsk & Sowerby
Leisure Centre



Swimming Timetable



Issued 2 October 2023

Main Pool & Sauna

	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	9.30
MON		General Lanes ♦				Aquafit		Adult Lessons			50+ ♦		Adult Lanes Swim			General Swim ♦				Learn to Swim					Swim Club					Adult Lanes Swim	
TUES		General Lanes ♦				School Swimming						Adult Lanes Swim				General Swim ♦				Learn to Swim				General Swim ♦			Swim Club			Adult Lanes Swim	
WED		General Lanes ♦				School Swimming						Adult Lanes Swim				50+ ♦		Disabled and Rehabilitation			Learn to Swim			General Swim ♦		Nordic Divers General Swim		Aquafit		Adult Lanes Swim	
THURS		General Lanes ♦				School Swimming						Adult Lanes Swim				Staff Training				Learn to Swim					Swim Club					Adult Lanes Swim	
FRI		General Lanes ♦				Aquafit						School Swimming				Adult Lanes Swim			General Swim ♦		Discount Dip			Learn to Swim		General Swim ♦			Swim Club		
SAT			Swim Club					Learn to Swim				General Swim			Family Fun		Adult Lanes Swim			HaTric											
SUN			Swim Club					Adult Lanes Swim				General Swim			Adult Lanes Swim																

Small Pool

	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	9.30
MON						Pre School Lessons					Pre School Lessons					General Swim					Learn to Swim							Aquafit			
TUES						School Swimming										General Swim					Learn to Swim			General Swim							
WED						School Swimming												Disabled and Rehabilitation			Learn to Swim			General Swim							
THURS						School Swimming						Pre School Lessons				Staff Training					Learn to Swim			General Swim							
FRI						School Swimming						Pre School Lessons					Discount Dip				Learn to Swim			General Swim							
SAT						Learn to Swim					Pre School Lessons			Family Fun		General Swim															
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 **£1.65**



Offer available term time only



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

