

► 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 AND 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 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.

► 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.

► STOKESLEY AMATEUR SWIMMING CLUB

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact stokesleyASC@gmail.com for more information.

► WATER BABIES

Delivering baby swimming lessons, for further information call 01642 711734.

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

 Find us on Facebook

 Follow us on Twitter



TERM TIME

Stokesley
Leisure Centre



Swimming Timetable



Issued 6 January 2024

Main 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		General Lanes ♦					School Swimming					Adult Swim ♦		50+ ●			School Swimming			General Swim ●				Learn to Swim		Adult Lane Swim ♦		Adult Lessons			
TUES		General Lanes ♦					School Swimming					Adult Swim ♦		Discount Dip		General Swim ●				General Swim ●				Learn to Swim		Stokesley Amateur Swimming Club					
WED		General Lanes ♦					AquaFit		Adult Lessons			Adult Swim ♦		General Swim ●						General Swim ●				Learn to Swim		Adult Lane Swim ♦		General Lanes ♦			
THURS		General Lanes ♦					School Swimming					Adult Swim ♦		Staff Training						General Swim ●				Learn to Swim		Stokesley Amateur Swimming Club			Adult Lane Swim ♦		
FRI		General Lanes ♦					50+ ●		AquaFit			General Swim ●		Adult Swim ♦		Disabled and Rehabilitation					Learn to Swim				General Swim ●		Adult Lane Swim ♦				
SAT			Swim Club				Learn to Swim					General Swim ●																			
SUN							General Swim ●						Family Fun		Book your pool party					Stokesley Amateur Swimming Club											

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	9pm	9.30
MON							School Swimming					General Swim		Water Babies				School Swimming			Learn to Swim										
TUES							School Swimming					Pre School Lessons			Discount Dip		General Swim			Learn to Swim											
WED								General Swim				Pre School Lessons			General Swim					Learn to Swim											
THURS							School Swimming					General Swim		Staff Training						Learn to Swim											
FRI							Pre School Lessons					General Swim		Disabled and Rehabilitation						Learn to Swim						General Swim					
SAT							Learn to Swim						General Swim																		
SUN							General Swim						Family Fun		Book your pool party																

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

Key ♦ Lanes available ● Single lane

Discount Dip

Swim on a Tuesday at 1.15 - 2.15pm
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.

