

## KEY TO THE SWIMMING POOL TIMETABLE

| PUBLIC SWIMMING      |  |
|----------------------|--|
| Public Swimming      | These sessions are for customers to enjoy a general swim without any lane direction. Available for children to access as well as adults.   |
| SWIMMING SESSIONS    |  |
| Lane Swimming        | Lane swimming is aimed at people who can swim 25 metres and prefer a more controlled environment for swimming lengths.   |
| Swim for Health      | Offer concessionary rates for over 60's. This session is not exclusive for over 60's.  |
| Adult Swimming       | An adult only swimming session for 16 years and over.  |
| Family Swim          | These are great fun for all the family. Please see reception for further details.  |
| Ladies Only Swim     | A ladies only swimming session for 16 years and over.  |
| INSTRUCTION SWIMMING |  |
| School Lessons       | These lessons take place during school hours and are for East Riding schools only.   |
| Swim Academy         | East Riding Leisure Swim Academy offers a variety of swimming lessons from Aqua Babes to adults. Some sites also offer one to one instruction and swimming lessons for people with disabilities. |
| Aqua Babes           | A drop in instructor run session for parent and child.   |
| FUN SESSIONS         |  |
| Family Fun Session   | These are great fun for all the family. Please see reception for further details. Exclusive to families.   |
| Slides               | Enjoy the excitement of the slides - fun for all the family. Not available during inflatable sessions. Please contact reception for further details.   |
| Inflatable Session   | A chance for you to test your skills on our amazing inflatable. Site specific usage conditions apply. Please contact reception for further details.  |
| PRIVATE HIRE         |  |
| Splashers            | Private hire session for your centre's local disability swimming groups.   |
| Swimming Club        | Private hire session for your centre's local swimming clubs.   |
| Staff Training       | A staff training session to ensure our lifeguards are competent and meet the requirements set by the Royal Life Saving Society.  |
| Pool Party           | Private hire session available for children's parties.   |
| EXERCISE CLASS       |  |
| Aqua Fit             | The ultimate low impact, total body workout. A refreshing form of exercise only water can provide. Ideal for any age and excellent if you are new to exercise.                                   |

## Children's Pool Parties

Our pool parties run Friday 8-9pm and Saturday 7-8pm. Includes exclusive pool use, lifeguard supervision and a choice of inflatable or slide.

No children's party is complete without party food, and our leisure centres can provide a range of party treats to suit your needs.



Book a party today!

To book a party, please contact reception.

### CHILD ADMISSION POLICY

All children under the age of 8 years must be supervised at all times by an adult in the water with them. This policy has been devised to meet guidance issued by *The Institute of Sport and Recreation Management*. By following the adult to child ratios provided, you are helping to keep our pools a safer place.

**One adult: one under 4 years**

**One adult: two 4-7 years**

**One adult: two under 8 years** (during Family Swim sessions)

Further details about the admissions policy and advice on bringing young children swimming can be found in our safe swimming for children leaflet.



**10% DISCOUNT**  
on selected purchases  
with your SURE Card

East Riding of Yorkshire Council will, on request, provide this document in braille or large print.

If English is not your first language and you would like a translation of this document, please telephone (01482) 393939.

East Riding Leisure Goole, North Street, Goole DN14 5QX

Telephone (01405) 769005

[eastringleisure.co.uk](http://eastringleisure.co.uk)



Swimming

EAST RIDING LEISURE  
GOOLE

# Swimming Pool Programme



Term Time



EAST RIDING  
OF YORKSHIRE COUNCIL

[eastringleisure.co.uk](http://eastringleisure.co.uk)  
f EastRidingLeisure @ERLeisure

| SWIMMING POOL 7am - 10.30pm |               | 07:00 | 07:30 | 08:00           | 08:30 | 09:00          | 09:30        | 10:00           | 10:30        | 11:00           | 11:30           | 12:00           | 12:30          | 13:00    | 13:30          | 14:00        | 14:30 | 15:00        | 15:30 | 16:00 | 16:30 | 17:00 | 17:30 | 18:00 | 18:30 | 19:00     | 19:30              | 20:00            | 20:30          | 21:00          | 21:30 | 22:00 |  |
|-----------------------------|---------------|-------|-------|-----------------|-------|----------------|--------------|-----------------|--------------|-----------------|-----------------|-----------------|----------------|----------|----------------|--------------|-------|--------------|-------|-------|-------|-------|-------|-------|-------|-----------|--------------------|------------------|----------------|----------------|-------|-------|--|
| Monday                      | Lane Swimming |       |       | Swim for Health |       | School Lessons | Swim Academy |                 |              | Swim for Health |                 | Swim for Health | School Lessons | Aqua Fit |                | Swim Academy |       |              |       |       |       |       |       |       |       | Splashers |                    | Adult Swimming   |                |                |       |       |  |
| Tuesday                     | Lane Swimming |       |       | Swim for Health |       | School Lessons |              |                 | Aqua Fit     | Swim for Health |                 | School Lessons  |                |          |                | Swim Academy |       |              |       |       |       |       |       |       |       |           | Swimming Club      |                  | Swim Academy   |                |       |       |  |
| Wednesday                   | Lane Swimming |       |       | Swim for Health |       | School Lessons |              |                 |              |                 | Swim for Health |                 | Swim Academy   |          | School Lessons |              |       | Swim Academy |       |       |       |       |       |       |       |           | Aqua Fit           | Ladies Only Swim |                | Staff Training |       |       |  |
| Thursday                    | Lane Swimming |       |       | Swim for Health |       | School Lessons | Aqua Babes   | Swim for Health | Swim Academy |                 | School Lessons  |                 |                |          |                | Swim Academy |       |              |       |       |       |       |       |       |       |           | Aqua Fit*          | Aqua Fit         |                |                |       |       |  |
| Friday                      | Lane Swimming |       |       | Swim for Health |       | School Lessons |              |                 |              | Swim for Health |                 | School Lessons  |                |          |                | Swim Academy |       |              |       |       |       |       |       |       |       |           | Family Fun Session | Pool Party       | Adult Swimming |                |       |       |  |
| Saturday                    |               |       |       | Swimming Club   |       | Swim Academy   |              |                 |              |                 |                 |                 |                |          |                |              |       |              |       |       |       |       |       |       |       |           | Pool Party         |                  |                |                |       |       |  |
| Sunday                      |               |       |       |                 |       |                |              |                 |              |                 |                 |                 |                |          |                |              |       |              |       |       |       |       |       |       |       |           |                    |                  |                |                |       |       |  |