

KEY TO THE SWIMMING POOL TIMETABLE

PUBLIC SWIMMING	
Public Swimming	A general swimming session for all the family, without swim lanes.
SWIMMING SESSIONS	
Lane Swimming	Lane swimming is aimed at people who can swim 25 metres and prefer a more controlled environment for swimming lengths.
Early Birds	These sessions are early in a morning and are aimed at swimmers wishing to maintain fitness. Some sites have lane swimming.
INSTRUCTION SWIMMING	
Swimming Lessons	The East Riding Learn to Swim scheme offers a variety of swimming lessons from Aqua Babes to adults. All swimmers enrolled on our Learn to Swim scheme can swim for free in other public sessions.
PRIVATE HIRE	
Private Hire	We have lanes available for private hire at various times throughout the day. Please contact reception for details.
Party Hire	Let us take the stress out of your party, sit back, relax and enjoy one hour of complete fun! Ask at reception for details.
Swimming Club	Private hire session for your centre's local swimming clubs.
Staff Training	These sessions allow us to ensure our lifeguards are competent and meet the requirements set by the Health and Safety Executive.
School Lessons	These lessons take place during school hours and are for East Riding schools only.

EXERCISE CLASSES	
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. Classes marked ** are in Deep Water.
Aqua Zumba	A challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Known as the Zumba 'pool party', the Aqua Zumba program gives new meaning to the idea of an invigorating workout.
Aqua Jog	This is a 45 minute class with a qualified instructor. Jog, run or walk through varying depths of water using buoyancy aids and floatation devices. This is a great class for toning, fitness and injury rehabilitation.
FUN SESSIONS	
Family Swim	In these sessions we provide an extra lifeguard so you can bring up to 2 children under 4 years.
Fun Session	These sessions are great fun for all the family. Please see 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.



East Riding Leisure Centres

There are lots of good reasons to take part in exercise, not only will you get fitter and feel better but you will also meet new people. East Riding leisure centres provide a wide range of activities so no matter what your age or fitness there is something for you.

Swim as part of our monthly membership packages from as little as £23 per month.

Children's Pool Parties

Our pool parties last for one hour and include our wipe-out inflatable course, lifeguards and a friendly and fun atmosphere.

To book a party, please speak to a member of staff.



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.



DRIFFIELD
LEISURE CENTRE

Swimming Pool Programme



Driffield Leisure Centre, Bridlington Road, Driffield YO25 5HZ
Telephone (01377) 257480

leisurecentres.eastriding.gov.uk



leisurecentres.eastriding.gov.uk

Swimming Pool Programme

LARGE POOL 6.30am - 10pm		06:30	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
Monday	Early Birds	School Lessons						School Lessons						Swimming Lessons		Swimming Club	Public Swimming				Lane Swimming											
Tuesday	Early Birds	School Lessons						Aqua Fit	School Lessons						Swimming Lessons		Swimming Club	Aqua Zumba		Public Swimming				Lane Swimming								
Wednesday	Early Birds	School Lessons						School Lessons						Private Hire	Public Swimming				Lane Swimming	Swimming Lessons	Aqua Jog	Lane Swimming										
Thursday	Staff Training	School Lessons						School Lessons						Swimming Lessons		Swimming Club	Public Swimming				Aqua Fit	Lane Swimming										
Friday	Early Birds	School Lessons						Aqua Fit	School Lessons						Public Swimming				Swimming Club	Public Swimming		Staff Training	Lane Swimming									
Saturday		Swimming Lessons						Lane Swimming	Inflatable Session		Party Hire		Public Swimming		Swimming Club																	
Sunday		Lane Swimming	Swimming Lessons						Public Swimming		Family Swim		Fun Session		Public Swimming				Lane Swimming													

LEARNER POOL PROGRAMME 8.30am - 8pm		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
Monday		Public Swimming														Swimming Lessons				Public Swimming				
Tuesday		Swimming Lessons						Public Swimming						Swimming Lessons				Public Swimming						
Wednesday		Public Swimming										Swimming Lessons	Public Swimming											
Thursday		Public Swimming														Swimming Lessons				Public Swimming				
Friday		Public Swimming		Swimming Lessons						Public Swimming						Swimming Lessons				Public Swimming				
Saturday		Swimming Lessons						Inflatable Session		Party Hire		Public Swimming												
Sunday		Public Swimming		Swimming Lessons		Public Swimming						Fun Session		Public Swimming										

Free Swimming

For all adults and children on swimming lessons.



Book your lessons now!

Terms and conditions apply. Please ask at reception for further details.

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.

Learner pool

One adult: two under 8 years

Main pool

One adult: one under 4 years

One adult: two 4-7 years

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

Junior Swim Membership

3 - 16 year olds now can have unlimited swim access for just £10 per month.