

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.
Adult Swimming	An adult only swimming session for 16 years and over.
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.
FUN SESSIONS	
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.
PRIVATE HIRE	
Private Hire	We have lanes available for private hire at various times throughout the day. Please contact reception for details.
School Lessons	These sessions are for East Riding school use.
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.
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.

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.

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.

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.

Goole Leisure Centre, North Street, Goole DN14 5QX
Telephone (01405) 769005
leisurecentres.eastriding.gov.uk



Swimming

EAST RIDING LEISURE

GOOLE

Swimming Pool Programme



Term time.



EAST RIDING
OF YORKSHIRE COUNCIL

leisurecentres.eastriding.gov.uk

SWIMMING POOL 7am - 10pm		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	Lane Swimming			Early Birds		School Lessons								School Lessons		Aqua Fit		Swimming Lessons									Private Hire			Adult Swimming	
Tuesday	Lane Swimming			Early Birds		School Lessons				Aqua Babes				School Lessons														Swimming Club		Swimming Lessons	
Wednesday	Lane Swimming			Early Birds		School Lessons								School Lessons													Aqua Fit		Ladies only swimming	NPLQ Staff Training	
Thursday	Lane Swimming			Early Birds		School Lessons				Aqua Babes				School Lessons													Aqua Fit**		Aqua Fit	Private Hire	
Friday	Lane Swimming			Early Birds		Swimming Lessons								School Lessons													Fun Session		Private Hire	Adult Swimming	
Saturday				Private Hire		Swimming Lessons																						Private Hire			
Sunday																															