

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.
INSTRUCTION SWIMMING	
Swimming Lessons	The East Riding Leisure Swimming 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.
PRIVATE HIRE	
Party Hire	Let us take the stress out of your party - sit back, relax and enjoy one hour of complete fun!! The pool admission policy applies to parties. Ask at reception for details.
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.



FUN SESSIONS	
Fun Session	These sessions are great fun for all the family. Please see reception for further details.
Slide	Enjoy the excitement of the slide - fun for all the family.
Family Swim	In these sessions we provide an extra lifeguard so you can bring up to 2 children under 4 years
SWIMMING SESSIONS	
Early Birds	These sessions are early in a morning and are aimed at swimmers wishing to maintain fitness. Some sites have lane swimming.
Adult Swim	An adult only swimming session for 16 years and over.



Over 60s Swim for Health

Monday - Friday 9 - 10am, 12 noon - 1pm and Sunday 9 - 10am a discounted session for anyone over 60 years of age.



Sea Scooter

The ultimate under water fun for over 8 year olds!

Designed to encourage the development of co-ordination, communication and breath control. Criteria towards the Junior Lifeguard President's Seal. Must be able to swim 25m, and tread water. Available during our holiday programme.

Contact reception on (01964) 614000 for further details.

Children's Pool Parties

Our pool parties last for one hour and can have a choice of rafts and floats or include our wipe-out inflatable course, lifeguards and a friendly and fun atmosphere.

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

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.

East Riding Leisure Withernsea, Station road, Withernsea HU19 2QA Telephone: (01964) 614000

eastridingleisure.co.uk



EAST RIDING LEISURE
WITHERNSEA

Swimming Pool Programme



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Swimming Pool Programme

SCHOOL TERM 7am - 9.30pm					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
Monday					Adult Swim				Public Swimming				Aqua Fit Deep End Swimming				Public Swimming				Swimming Lessons					Slide*		Public Swimming			Adult Swim		
Tuesday	Early Birds				Adult Swim			Public Swimming***				Aqua Fit**				Public Swimming***				Swimming Lessons					Slide*		Public Swimming						
Wednesday	Early Birds				Adult Swim			Public Swimming				Aqua Fit				Public Swimming				Swim Lessons					Public Swimming				Adult Swim				
Thursday					Adult Swim			Aqua Fit Deep End Swimming								Public Swimming								Swimming Lessons		Fun Session		Adult Swim					
Friday	Early Birds				Adult Swim			Aqua Fit** Deep End Swimming								Public Swimming***								Party Hire			Fun Session						
Saturday					Swimming Lessons											Public Swimming								Party Hire									
Sunday					Adult Swim			Family Swim								Public Swimming								Party Hire									

SCHOOL HOLIDAYS 7am - 9.30pm					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
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Free Swimming

For all adults and children attending 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.

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

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



Café Vibe

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