

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 | |
| Adult Swimming | An adult only swimming session for 16 years and over. |
| Lane Swimming | Lane swimming is aimed at people who can swim 25 metres and prefer a more controlled environment for swimming lengths. |
| INSTRUCTION SWIMMING | |
| Swimming Lessons | The East Riding Learn to Swim scheme 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. |
| FUN SESSIONS | |
| Fun Session | These sessions are great fun for all the family. Please see reception for further details. |
| PRIVATE HIRE | |
| Swimming Club | Private hire session for your centre's local swimming clubs. |
| School Lessons | These lessons take place during school hours and are for East Riding schools only. |

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.



East Riding Leisure South Holderness Membership

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 exclusive monthly membership package for only £21 per month.

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.

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 South Holderness, Station Road, Preston
HUI2 8UY Telephone (01482) 897609

eastringleisure.co.uk



Swimming

EAST RIDING LEISURE
SOUTH HOLDERNESS

Swimming Pool Programme



 EAST RIDING
OF YORKSHIRE COUNCIL

eastringleisure.co.uk
f EastRidingLeisure @ERLeisure

TERM TIME PROGRAMME 9am - 10pm

| | 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 | School Lessons | | | | | | | | | | | | | | | | Swimming Club | | | | | | Adult Swimming | | | | | | | | |
| Tuesday | School Lessons | | | | | | | | | | | | | | | | Swimming Lessons | | | Public Swimming | | | | | | Adult Swimming | | | | | |
| Wednesday | School Lessons | | | | | | | | | | | | | | | | Swimming Club | | | Swimming Club | | | Public Swimming | | | | | | Adult Swimming | | |
| Thursday | School Lessons | | | | | | | | | | | | | | | | Swimming Lessons | | | Public Swimming | | | | | | Adult Swimming | | | | | |
| Friday | School Lessons | | | | | | | | | | | | | | | | Fun Session | | | Fun Session | | | Adult Swimming | | | | | | | | |
| Saturday | Swimming Lessons | | | Adult Swim | | Swimming Lessons | | Public Swimming | | | | | | Fun Session | | Swimming Club | | | | | | | | | | | | | | | |
| Sunday | Lane Swimming | | | Public Swimming | | | | | | | | | | | | Swimming Club | | | | | | | | | | | | | | | |

HOLIDAY PROGRAMME 9am - 10pm

| | 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 | Public Swimming | | | | | | Public Swimming | | | | | | Swimming Club | | | | | | Adult Swimming | | | | | | | | |
| Tuesday | Public Swimming | | | | | | Public Swimming | | | | | | Swimming Lessons | | | Public Swimming | | | | | | Adult Swimming | | | | | |
| Wednesday | Public Swimming | | | | | | Public Swimming | | | | | | Swimming Club | | | Swimming Club | | | Public Swimming | | | | | | Adult Swimming | | |
| Thursday | Public Swimming | | | | | | Public Swimming | | | | | | Swimming Lessons | | | Public Swimming | | | | | | Adult Swimming | | | | | |
| Friday | Public Swimming | | | | | | Public Swimming | | | | | | Fun Session | | | Fun Session | | | Adult Swimming | | | | | | | | |
| Saturday | Swimming Lessons | | | Adult Swim | | Swimming Lessons | | Public Swimming | | | | | | Fun Session | | Swimming Club | | | | | | | | | | | |
| Sunday | Lane Swimming | | | Public Swimming | | | | | | | | | | | | Swimming Club | | | | | | | | | | | |