

KEY TO TYPES OF EXERCISE CLASSES

PUBLIC SWIMMING	
Public Swimming	A general swimming session for all the family, without swim lanes.
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 from Grade 1 and above 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.
Swimming Club	Private hire session for your centre's local swimming clubs.
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 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.
Aqua Natal	A gentle workout in the water for expectant mothers, suitable for all stages of pregnancy. This class is also suitable for post pregnant women. Aqua Natal is a gentle exercise class ideal to keep you active during pregnancy. Aqua Natal is also a great way to meet other 'mums to be'!
Swim for Fitness	An instruction class specifically designed for customers wishing to become more active. Ideal for customers who suffer with medical conditions such as osteoporosis, arthritis, joints or back problems.



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.

Café Vibe

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

FUN SESSIONS	
Fun Sessions	These sessions are great fun for all the family. Please see reception for further details.
Inflatable Sessions	A chance for you to test your skills on our amazing inflatable. Site specific usage conditions apply. Please contact reception for further details.



SplashZone

Bridlington's new Splash Zone fun pool is home to two state-of-the-art interactive waterslides Aqua Smash and Slide Champ and an interactive waterplay structure with a Super Splash Tipping Bucket, water jets and toddler games. Sessions are for up to 90 minutes and are great value.

Opening Times:

Monday to Thursday	11am - 8pm
Friday	11am - 8pm <i>(including parent and toddlers from 1 - 2pm)</i> <i>(fun session with inflatable from 5 - 8pm)</i>
Saturday	11am - 6pm
Sunday	10am - 6pm <i>(fun n floats from 10am - 12 noon)</i>

Booking is required at peak times. For more information please visit eastridingleisure.co.uk/bridlington or call (01262) 606715

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 Bridlington, The Promenade, Bridlington
YO15 2QQ Telephone (01262) 606715
eastridingleisure.co.uk



EAST RIDING LEISURE
BRIDLINGTON

Swimming Pool Programme



eastridingleisure.co.uk
Facebook: EastRidingLeisure Twitter: @ERLeisure

MAIN POOL 6.30am - 10pm

	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Monday	Public Swimming			School Lesson			Public Swimming					Learn to Swim		Bridlington Swim Club		
Tuesday	Public Swimming						Swim for Fitness		Public Swimming				Yorkshire Coast Swim Club		Bridlington Swim Club	
Wednesday	Public Swimming			School Lesson			Public Swimming					Learn to Swim		Bridlington Swim Club		
Thursday	Public Swimming						Swim for Fitness		Public Swimming				Yorkshire Coast Swim Club		Bridlington Swim Club	
Friday	Public Swimming						Swim for Fitness		Public Swimming				Fun Session and Inflatable		Bridlington Swim Club	
Saturday	Yorkshire Coast Swim Club		Learn to Swim			Public Swimming										
Sunday	Learn to Swim		Inflatable Session		Public Swimming											

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Tuesday	Public Swimming				AquaFit		Public Swimming					Yorkshire Coast Swim Club		Bridlington Swim Club		
Wednesday	Public Swimming						AquaFit**		Public Swimming			Learn to Swim		Bridlington Swim Club		
Thursday	Public Swimming				Aqua Jog		Public Swimming					Yorkshire Coast Swim Club		Bridlington Swim Club		
Friday	Public Swimming									Fun Session and Inflatable		Bridlington Swim Club				
Saturday	Yorkshire Coast Swim Club		Learn to Swim			Public Swimming										
Sunday	Learn to Swim		Inflatable Session		Public Swimming											

LEARNER POOL 6.30am - 10pm

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00			
Monday	School Lesson				Public Swimming		Aqua Jog		Public Swimming			Learn to Swim		Public Swimming		Bridlington Swim Club	
Tuesday	Baby and Pre School		AquaFit		Aquamobility		Public Swimming				Learn to Swim		Adult Lessons	AquaFit		Waterpolo***	
Wednesday	School Lesson				Public Swimming		AquaFit**		Public Swimming			Learn to Swim		Aqua Natal	Bridlington Swim Club		
Thursday	Baby and Pre School		Aqua Jog		Public Swimming					Snorkelling***		AquaFit					
Friday	AquaFit			Public Swimming									Fun Session				
Saturday	Learn to Swim				Public Swimming												
Sunday	Learn to Swim		Water Walkerz			Public Swimming											

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