



Swimming Pool Programme

LARGE POOL 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	Lane Swimming				Public Swimming				Aqua Fit	Lane Swimming		School Lessons				Swimming Lessons				Aqua Fit	Lane Swimming Masters								
Tuesday	Lane Swimming				Public Swimming				Aqua Fit	Lane Swimming Aqua Jog		School Lessons				Swimming Lessons				Aqua Natal	Aqua Fit	Lane Swimming Staff Training							
Wednesday	Lane Swimming				Public Swimming				Aqua Fit	Lane Swimming Exercise Referral		Public Swimming				Swimming Lessons				Aqua Fit	Lane Swimming Swimming Lessons								
Thursday	Lane Swimming				Aqua Fit	Public Swimming				Lane Swimming Aqua Jog		Public Swimming				Swimming Lessons				Aqua Fit	Haltemprice Dolphins NPLQ Training								
Friday	Lane Swimming				Public Swimming				Aqua Jog	Lane Swim	School Lessons				Swimming Lessons				Aqua Fit	Private Hire - Maxi Fun									
Saturday	Swimming Lessons				Public Swimming				Lane Swimming		Inflatable Session				Public Swimming				Party Hire										
Sunday	Public Swimming				Lane Swimming		Family Swim				Inflatable Session				Public Swimming				Party Hire										

LEARNER POOL PROGRAMME 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	Public Swimming				Swimming Lessons				Swimming Lessons				Swimming Lessons				Public Swimming												
Tuesday	Public Swimming				Swimming Lessons				Public Swimming				Swimming Lessons				Public Swimming												
Wednesday	Public Swimming				Swimming Lessons				Public Swimming				Swimming Lessons				Public Swimming												
Thursday	Public Swimming				Swimming Lessons				Public Swimming				Swimming Lessons				Haltemprice Dolphins		NPLQ Training										
Friday	Public Swimming				Swimming Lessons				Public Swimming				Swimming Lessons				Public Swimming	Private Hire - Maxi Fun											
Saturday	Swimming Lessons				Public Swimming				Fun Session		Public Swimming				Party Hire														
Sunday	Public Swimming				Fun Session		Public Swimming				Party Hire																		

Inflatable/Fun Sessions - Limited places
Users of inflatable must be under 16 and able to swim 25 metres

School swimming lessons will run from
Monday, 11 September - Friday, 24 November

Facility Unavailable

Please note these programmes may be subject to change.

During school holidays the normal pool programme changes, please see holiday flyer for details.

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.



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