

## 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	
Length Swimming	Length 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. Some sites also offer one to one instruction and swimming lessons for people with disabilities.
Swimmobility	A swim session for people of all ages with disabilities. Special arrangements are made for swimmers and helpers
FUN SESSIONS	
Family Swim	In these sessions we provide an extra lifeguard so you can bring up to 2 children under 4 years.
Fun Session	These sessions are great fun for all the family. Please see 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.
Swimming Club	Private hire session for your centre's local swimming clubs.
School Lessons	These sessions are for East Riding school use.
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.
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'!

## 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.

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**.

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 Pocklington, East Riding of Yorkshire YO42 2QE  
 Telephone (01759) 305052

[eastringleisure.co.uk](http://eastringleisure.co.uk)



Swimming

EAST RIDING LEISURE  
 FRANCIS SCAIFE

# Swimming Pool Programme



Summer 2017



[eastringleisure.co.uk](http://eastringleisure.co.uk)  
 Facebook: EastRidingLeisure Twitter: @ERLeisure

Summer 2017

		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	Early Birds				Private Hire		Public Swimming				Length Swimming		Aqua Fit		Public Swimming				Swimming Lessons				Swimming Club							
Tuesday	Early Birds				Private Hire		Public Swimming		Aqua Fit**		Length Swimming		Fun Session		Fun Session		Public Swimming				Adult Swimming									
Wednesday	Early Birds				Private Hire		Public Swimming				Length Swimming		Aqua Fit**		Public Swimming				Adult Swimming											
Thursday	Early Birds				Private Hire		Family Swim	Public Swimming*	Public Swimming		Length Swimming		Private Hire		Public Swimming				Swimming Lessons				Aqua Fit		Swimming Club					
Friday	Early Birds				Private Hire		Public Swimming				Length Swimming		Public Swimming				Swimming Lessons				Swimming Club									
Saturday		Early Birds	Swimming Lessons						Public Swimming†						Swimmobility	Private Hire														
Sunday		Early Birds		Public Swimming								Family Swim		Public Swimming				Swimming Club												

Please note we are CLOSED  
August Bank Holiday Monday

†Rope lane available on request

\*Public Swimming deep end only.  
Classes marked \*\* are in deep water.

Facility  
Unavailable

Please note this programme may be subject to change.  
Please check with reception for additional information.