

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 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.
PRIVATE HIRE	
Party Hire	Let us take the stress out of your party - sit back, relax and enjoy one hour of complete fun!! Ask at reception for details. The pool admission policy applies to parties.
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.
Staff Training	These sessions allow us to ensure our lifeguards are competent and meet the requirements set by the Health and Safety Executive.
School Lessons	These lessons take place during school hours and are for East Riding schools only.
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.
Lane Swimming	Lane swimming is aimed at people who can swim 25 metres and prefer a more controlled environment for swimming lengths.

FUN SESSIONS	
Fun Session	These sessions are great fun for all the family. Please see reception for further details.
Inflatable Session	A chance for you to test your skills on our amazing inflatable. Site specific usage conditions apply. Please contact reception for further details.
Family Swim	In these sessions we provide an extra lifeguard so you can bring up to 2 children under 4 years.
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 Zumba	A challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Known as the Zumba 'pool party', the Aqua Zumba program gives new meaning to the idea of an invigorating workout.
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.



East Riding Leisure Centres

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.

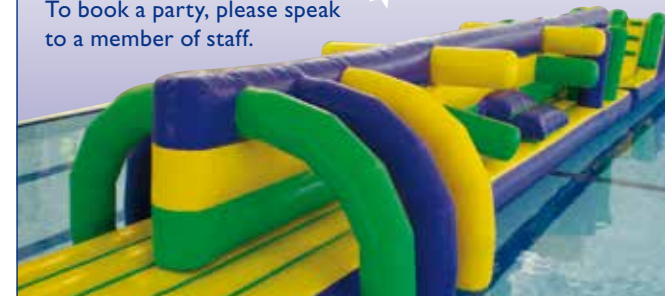
Swim as part of our monthly membership packages from as little as £23 per month.

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
DRIFFIELD

Swimming Pool Programme



School holidays.

East Riding Leisure Driffield, Bridlington Road,
Driffield YO25 5HZ Telephone (01377) 257480

eastringleisure.gov.uk



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

Swimming Pool Programme

LARGE POOL 6.30am - 10pm		06:30	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					Swimming Lessons		Private Hire								Inflatable Session*	Inflatable Session*			Public Swimming		Swimming Lessons		Swimming Club			Public Swimming						Lane Swimming
Tuesday	Early Birds					Aqua Babes										Fun Session*	Fun Session*			Public Swimming		Swimming Lessons		Swimming Club			Lane Swimming		Aqua Jog			Lane Swimming	
Wednesday	Early Birds					Swimming Lessons		Private Hire								Inflatable Session*	Inflatable Session*										Public Swimming					Lane Swimming	
Thursday	Staff Training					Swimming Lessons										Fun Session*	Fun Session*			Public Swim		Swimming Lessons		Swimming Club						Aqua Jog		Swim Training ^o	
Friday	Early Birds					Swimming Lessons		Private Hire								Inflatable Session*	Inflatable Session*														Staff Training		Lanes
Saturday																Inflatable Session*	Inflatable Session*			Party Hire													
Sunday																																	

LEARNER POOL PROGRAMME 8.15am - 8pm		08:15	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
Monday																									
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Saturday																									
Sunday																									

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.

Junior Swim Membership

3 - 16 year olds now can have unlimited swim access for just £10 per month.