

▶ 50+ SWIM

Exclusive pool time for 50 years+ users.

▶ ADULTS LANES ONLY

Exclusive adult pool time, lane swimming only.

▶ AQUAFIT

Workout in the water to music, this low impact class is great fun yet easy on the joints, working against the resistance of the water. Ideal for swimmers and non swimmers.

▶ DISABLED AND REHABILITATION

A relaxed pool session for those with a disability, who may have mobility issues and those rehabilitating.

▶ Big Swim

Our exciting full feature swimming session with wave machine, water slide, various water jets, cannons and bubbles.

▶ Family Big Swim

Perfect for families only.

* Big Swim and Family Big Swim are NOT BOOKABLE. Walk-ins only. Subject to availability. A call out process will be implemented if maximum numbers are reached.

▶ FAMILY GENERAL SWIM

A family orientated session, no lanes available.

▶ GENERAL LANES

Open to all, lane swimming only.

▶ GENERAL SWIM

Open to all, no lanes available.

▶ LEARN TO SWIM

We offer a full range of swimming lessons including babies through to juniors and competitive swimming. We also offer adult lessons so it's never too late to learn. Please see our Learn to Swim leaflet for more details. Centres may vary.

▶ NORTHALLERTON AMATEUR SWIMMING CLUB (NASC)

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact nasc@nasc.co.uk for more information.

▶ SAUNA

For 16 years and over only. Opening times correspond with the pool opening times, except School Swimming.

Parties

Why not book your next party at our pool, see our party leaflet or ask at reception for more information

SAFETY AND SUPERVISION

In line with CIMSPA National Safety guidelines, a responsible adult must accompany children under eight using the swimming pools. All sessions are operated on a two children to one adult basis for all children under eight. Adults should maintain a constant watch over the children and remain in close contact with weak/non swimmers. Please inform the lifeguards if you have a medical condition that may compromise your safety or that of other swimmers before entering the pool. If you have experienced sickness or diarrhoea in the last 48 hours you should not enter the pool. Appropriate swimwear must be worn at all times.

We review our timetables regularly and amend the leaflet as required

 The centres are accessible to people with a wide range of disabilities.

This information is available in alternative formats and languages

Bedale
Leisure Centre
(01677) 427272

Northallerton
Leisure Centre
(01609) 777070

Stokesley
Leisure Centre
(01642) 711140

Thirsk & Sowerby
Leisure Centre
(01845) 522447

hambleton.gov.uk/zest

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TERM TIME

Northallerton
Leisure Centre



Swimming Timetable



You can still pre-book for sessions. Book online, via the Zest app or contact reception. Walk-ins will be accepted subject to availability. We recommend arriving beach/swim ready where possible.

HAMBLETON
DISTRICT COUNCIL

Issued 4 January 2022

You can still pre-book for sessions. Book online, via the Zest app or contact reception. Walk-ins will be accepted subject to availability. We recommend arriving beach/swim ready where possible.

Main Pool and Lagoon

KEY M Main Pool L Lagoon ◆ Lanes available ● Water slide ○ Water slide used intermittently

		6.45am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.15pm		
MON	M		General Lanes ◆		General Lanes ◆		School Swimming				Disabled & Rehabilitation		Adult Lane Swim ◆		General Swim		General Swim ○		General Swim ○		Learn to Swim				Northallerton Amateur Swim Club									
	L																																	
TUES	M		General Lanes ◆		General Lanes ◆		50+ Swim ◆		General Swim		General Swim		Adult Lane Swim ◆		General Swim		General Swim ○		General Swim ○		Learn to Swim				General Swim ●		Adult Lessons		Adult Lane Swim ◆					
	L																																	
WED	M		General Lanes ◆		General Lanes ◆		School Swimming				Adult Lane Swim ◆		General Swim		Aquafit		General Swim ○		Learn to Swim				Northallerton Amateur Swim Club											
	L																																	
THURS	M		General Lanes ◆		General Lanes ◆		50+ Swim ◆		General Swim		General Swim		Adult Lane Swim ◆		General Swim		Closed Staff Training			Learn to Swim				General Swim ●		Adult Lane Swim ◆		Adult Lane Swim ◆						
	L																																	
FRI	M		General Lanes ◆		General Lanes ◆		School Swimming				Adult Lane Swim ◆		General Swim		General Swim ○		General Swim ○		Learn to Swim				Big Swim		Aquafit		Adult Lane Swim ◆							
	L																																	
SAT	M						Learn to Swim			Big Swim								Book your pool party here																
	L																																	
SUN	M				General Lanes ◆		General Lanes ◆		Big Swim								Book your pool party here			Northallerton Amateur Swim Club														
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GENERAL INFORMATION

- ▶ Lockers £1 returnable
- ▶ Vending machines are available
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Times are subject to change on Bank Holiday
- ▶ We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C - 30°C
- ▶ Pre-Booking a swim session is available unless identified. Walk-in access is permitted. Bookable Swims will be for a maximum of 45 minutes and are payable in advance via telephone, the Zest app or hambleton.gov.uk/zest
- ▶ Sessions can be cancelled online and via the telephone or the Zest app up to 2 hours before the activity commences
- ▶ Leave promptly at the end of your session
- ▶ Arrive to your booked activity early and register your attendance. There are often waiting lists for spaces, your place will be offered to someone else after 10 minutes following the start of the booked activity. After this time late arrivals will not be permitted
- ▶ Face masks are recommended in communal areas and circulation spaces

Big Swim are NOT BOOKABLE. Walk-ins only. Subject to availability. A call out process will be implemented if maximum numbers are reached.



Wearable technology that helps you track your swim activity and improve your performance. Ask at Reception.

