

▶ 50+ SWIM

Exclusive pool time for 50years+ 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.

▶ THIRSK WHITE HORSE SWIM TEAM

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme.

Contact thirskwhitehorseteam@gmail.com for more information.

▶ DISABLED AND REHABILITATION

An exclusive pool session with pool chair lift to ensure comfortable entry and exit from the water for people with mobility difficulties. Plus a variety of equipment is on hand to aid swimming.

▶ 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.

▶ SAUNA

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

▶ FUN ZONE

A wet and wild fun session with lots going on! Fun Zone sessions are open to all ages and abilities.

▶ 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.

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
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hambleton.gov.uk/zest

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TERM TIME

Bedale
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

Excludes bank holidays and school holidays dates

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.

Pool Timetable

KEY

◆ Lanes available

■ RAF swim tests will take place within the general swim session 7.45 - 8.30am

	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	9.30
MON		General Lanes ◆		General Lanes ◆		General Lanes ◆			50+					Adult Lane Swim ◆		General Swim		General Swim			Learn to Swim		General Swim		Aquafit			Adult Lessons			
TUES		General Lanes ◆		General Lanes ◆		General Lanes ◆		General Swim				Aquafit		Adult Lane Swim ◆		Closed Staff Training				Learn to Swim		General Swim		NASC Waterpolo		NASC					
WED		General Lanes ◆		General Lanes ◆		School Swimming						Adult Lane Swim ◆		General Swim						Learn to Swim			Fun Zone		General Swim		Adult Lane Swim ◆				
THURS						Tots Lessons	Tots Lessons		General Swim		Aquafit		Adult Lane Swim ◆		General Swim		50+			Learn to Swim			General Swim		NASC		Adult Lane Swim ◆				
FRI		General Lanes ◆ ■		General Lanes ◆ ■		General Swim		General Swim		General Swim			Adult Lane Swim ◆		General Swim		Disabled and Rehabilitation			Learn to Swim			General Swim								
SAT				General Lanes ◆		Learn to Swim						General Swim		General Swim																	
SUN				General Lanes ◆		Fun Zone		Fun Zone		General Swim		General Swim		Book your pool party here																	

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 are bookable and 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



SWIMTAG

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