

▶ 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.

▶ 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.

▶ STOKESLEY AMATEUR SWIMMING CLUB

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

Contact stokesleyASC@gmail.com for more information.

▶ SAUNA

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

▶ WATER BABIES

Delivering baby swimming lessons, for further information call 01642 711734.

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

Stokesley
Leisure Centre

zest
for an ACTIVE life

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 16 May 2022

Main Pool 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.

	6.30am	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	9.30pm		
MON		General Lanes ♦		General Lanes ♦	General Swim		School Swimming				General Swim	General Swim	50+		School Swimming		General Swim			Learn to Swim		Adult Lane Swim ♦	Adult Lessons										
TUES		General Lanes ♦		General Lanes ♦		School Swimming				General Swim	Adult Lane Swim ♦	General Swim	Family General Swim		General Swim			Learn to Swim	Swim Club														
WED		General Lanes ♦		General Lanes ♦	General Swim		Aquafit	Adult Lessons	General Swim	General Swim	General Swim	Family General Swim		General Swim			Learn to Swim		Adult Lane Swim ♦														
THURS		General Lanes ♦		General Lanes ♦		School Swimming				General Swim	Adult Lane Swim ♦	Closed Staff Training				General Swim			Learn to Swim	Swim Club				Adult Lane Swim ♦									
FRI		General Lanes ♦		General Lanes ♦	General Swim		50+	Aquafit	General Swim	General Swim	Disabled & Rehabilitation	General Swim		General Swim			Learn to Swim		General Swim														
SAT		Swim Club			General Swim	General Swim	General Swim	Learn to Swim				General Swim	General Swim		Book your pool party here																		
SUN					General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Family General Swim	General Swim		Swim Club																			

Small Pool 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.

	6.30am	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	9.30pm			
MON						School Swimming				General Swim	Water Babies			School Swimming	Learn to Swim																			
TUES					School Swimming								General Swim	Family General Swim	Learn to Swim																			
WED					General Swim	General Swim	Tots lessons				General Swim	Family General Swim	Learn to Swim																					
THURS					School Swimming				General Swim			Closed Staff Training				Learn to Swim																		
FRI					Water Babies				General Swim	Disabled & Rehabilitation	General Swim	Learn to Swim					General Swim																	
SAT					Learn to Swim				General Swim		Book your pool party here																							
SUN					General Swim	General Swim	General Swim	General Swim	General Swim	General Swim	Family General Swim	General Swim																						

Bathing load capacities may apply to the small pool on arrival

KEY ♦ Lanes available

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.