

# Chester-le-Street Leisure Centre

# Pool programme Term time

[www.durham.gov.uk/swimming](http://www.durham.gov.uk/swimming)



**Main pool**

	5.00am	6.00am	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm
Mon		Chester-le-Street Swimming Club				Lane swim					Gentle aqua	Lane swim	Learn to swim Lane swim	Aqua Fighter	Learn to swim Lane swim	Sub aqua Club		
Tues			Staff training		Lane swim General swim	Gentle aqua			Lane swim				Learn to swim Learn to swim		Chester-le-Street Swimming Club		Staff training	
Wed		Chester-le-Street Swimming Club		Lane swim General swim	Ladies swim		Lane swim		Aqua natal		Lane swim		Learn to swim Lane swim	Aqua cycle		Adult lane swim		
Thur		Chester-le-Street Swimming Club		Staff training	Lane swim General swim	Aqua fit			Lane swim				Learn to swim Lane swim		Chester-le-Street Swimming Club		General swim	
Fri						Lane swim		Staff training	School		Lane swim		Learn to swim		Rookie Lifeguards Club	Chester-le-Street Swimming Club		
Sat			Chester-le-Street Swimming Club		Lane swim General swim	Learn to swim Lane swim		Lane swim	Fun session		Lane swim		General swim					
Sun					Lane swim General swim	Fun session		Lane swim	Durham Triathlon Club		Lane swim		Chester-le-Street Swimming Club					

**Small pool**

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm
Mon	Aqua cycle		General swim	School	Learn to swim	General swim	School swim	General swim	Learn to swim	Splashes	Learn to swim	General swim		
Tues			General swim	School	Learn to swim	General swim	Learn to swim	General swim		Learn to swim				
Wed			Splashes			General swim				Learn to swim				
Thur			General swim			Learn to swim	General swim			Learn to swim				
Fri	Aqua cycle		Splashes		Learn to swim	General swim	School swim	General swim	Learn to swim		Learn to swim		Chester-le-Street Swimming Club	
Sat			Learn to swim			General swim			Available for hire					
Sun					General swim				Chester-le-Street Swimming Club					

Key	
	Adult programme
	Children's programme
	Family programme
	Swim 4 all
	Private booking
	Aqua classes
	Available for hire
	Closed

Information
<ul style="list-style-type: none"> <li>Child admission policy applies. Please see the table on the back</li> </ul>
<ul style="list-style-type: none"> <li>Depth of the large pool 1m - 2m</li> </ul>
<ul style="list-style-type: none"> <li>Depth of the small pool 0.7m - 1m</li> </ul>
<ul style="list-style-type: none"> <li>Swimming equipment for sale at reception</li> </ul>
<ul style="list-style-type: none"> <li>Timetable is subject to change</li> </ul>
<ul style="list-style-type: none"> <li>Swim times may be disrupted due to activity set up</li> </ul>
<p>Please contact reception on <b>03000 266 444</b> to book activities and swimming lessons.</p>

- **Child admission policy applies:** Please see the adult to child ratio table on the back.
- **Swimming equipment:** Swim wear, goggles, float vests and other swimming equipment is for sale at reception.
- **Lockers are available:** Please ask at reception.

# Activities and class descriptions

- **Adult swim:** General swim for all abilities age 16+, lane swim sometimes available on request.
- **Aqua cycle:** An indoor cycling class taken into the water environment.
- **Aqua fighter:** This high energy instructor led class is designed to adapt land based mixed martial arts and boxing exercises, drills, and routines, into a water based class that really gets the heart pumping.
- **Aqua fit:** All the benefits of an aerobics class but in the water.
- **Aqua natal:** A wonderful form of safe exercise during and after pregnancy.
- **Fun session (main pool):** Toys and floats for over 8s. See child admission policy for parent and child ratios.
- **General swim:** For all ages and abilities.
- **Gentle aqua:** This is a great class for those new or returning to exercise. Exercising in water provides you with the support you need when you are looking for a class that is a little lower in intensity.
- **Lane swim:** For people who just want to swim. Slow/medium/fast lanes available for all abilities.
- **Learn to swim (aqualearn:)** Structured, progressive swimming lessons for ages 4 months to school age plus bespoke adult programme.
- **Rookie Lifeguards:** For children 8+ years who can swim 50m in a recognised stroke or have completed stage 7 Learn to Swim (aqualearn)'. Rookie lifeguards will teach them to develop skills and knowledge in water safety, rescue, resuscitation and lifesaving while meeting new friends and having fun.
- **School swim:** Private hire by school groups.
- **Splishtots:** You, your baby or toddler, water, toys and lots of fun. Sessions are pay as you go and one adult can supervise two children aged 0 - 3 years. Held in the small pool.
- **Swimming club:** Private hire by swimming club.  
Contact club for further details.



From babies to adults it's never too early or late to join our swimming lesson programme. Sign up at any time and progress at your own pace. Prices start from just £19 per month which includes unlimited swimming so you can practice what you learn as much as you want. Ask at reception for more information or visit [www.durham.gov.uk/aqualearn](http://www.durham.gov.uk/aqualearn)

## Child admission policy

Child's age	Pool Depth	No of adults	Maximum number of children per supervising adult*
0 - 3 years	Over 1M	1	1
0 - 7 years	Under 1M	1	2
4 - 7 years	Over 1M	1	2

## Be safe, be sure

Children aged eight and over can attend unaccompanied as long as they can swim at least 25m to the Amateur Swimming Association's expected standard. We can carry out an assessment of your child's ability for a small fee. Any child unaccompanied who is not able to meet this standard will be asked to leave the pool and return with a supervising adult.\*

\*A supervising adult must be aged 16+ and be a confident swimmer.



Braille



Audio



Large print

[sportandleisure@durham.gov.uk](mailto:sportandleisure@durham.gov.uk)

03000 266 444

## Contact details

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