

# Woodhouse Close Leisure Complex

# Pool programme Holiday

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



Main 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	9:00pm	10:00pm	
Mon	Staff training			Lane swim		Lane swim	Inflatables			Lane swim	General swim			Wear Valley Swimming Club			
Tues	Lane swim	Learn to swim		Lane swim		Lane swim	Fun session			Lane swim	Wear Valley Swimming Club		General swim	Ladies swim			
	Wear Valley Swimming Club 6.30-8.30am	General swim				Lane swim	Inflatables			General swim	Learn to swim		Adult Lane swim				
Wed	Lane swim	Lane swim		General swim		Lane swim	Inflatables			Lane swim	Wear Valley Swimming Club						
Thur	Lane swim	Lane swim		General swim		Lane swim	Fun session			Learn to swim	Wear Valley Swimming Club						
	Lane swim	General swim		General swim		Lane swim	Fun session			Lane swim	Learn to swim						
	Lane swim	General swim		General swim		Lane swim	Inflatables			General swim	Learn to swim						
Fri	Wear Valley Swimming Club 6.30-8.30am	Lane swim		General swim		Lane swim	Inflatables			General swim	Learn to swim		General swim	Rookie Lifeguards	Staff training		
Sat	Wear Valley Swimming Club	Lane swim	Learn to swim			Lane swim			General swim								
Sun	Lane swim	Learn to swim			Lane swim			General swim									

Small pool

	9:00am	10:00am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	5:00pm	6:00pm	7:00pm
Mon	Learn to swim	General swim	Learn to swim	Ready, Sett, Splash	Fun session			Learn to swim			
Tues	Learn to swim	General swim		Splashtots	Fun session			Learn to swim			
Wed	Learn to swim	General swim		Learn to swim	Fun session			Learn to swim			
Thur	Learn to swim	General swim		Ready, Sett, Splash	Fun session			Learn to swim			
Fri	Learn to swim	Learn to swim			Fun session			General swim			
Sat	Learn to swim			Ready, Sett, Splash	Learn to swim						
Sun	General swim				Learn to swim						

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

### Information

- Child admission policy applies. Please see the table on the back
- Depth of the large pool 1m - 2m
- Depth of the small pool 0.5m - 1m
- Swimming equipment for sale at reception
- Timetable is subject to change
- Swim times may be disrupted due to activity set up

Please contact reception on **03000 261 322** to book activities and swimming lessons.

Auqa pool

	9:00am	10:00am	11:00am	12:00pm	1:00pm	2:00pm	3:00pm	4:00pm	5:00pm	6:00pm	7:00pm
M		Aqua fit								Aqua cycle	Aqua cycle
T		Aqua fit				Gentle aqua					Aqua jump
W		Aqua fit									
T		Aqua fit								Aqua fighter	
F											

- 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 and child small pool fun (Ready, Sett, Splash):** For adults and children aged 2-6 years, 30 mins instructor lead fun games followed by 30 mins free play. Meet Brock the Badger, Durham County Council's very own early years mascot and his friends as he learns to have fun in the pool.
- **Adult swim and Ladies only swims:** 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 jump:** Using underwater trampolines, this instructor led fitness class is a fun, high energy workout.
- **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.
- **Fun session (main pool):** Toys and floats for over 8s. See child admission policy for parent and child ratios.
- **Fun session (small pool):** Toys and floats for children under 8 years. See admission policy for parent to child ratios.
- **Inflatables:** Fun session with large pool inflatables. Age 8 - 14 years. Must be able to swim 25 metres.
- **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 6+ years who can swim 25m in a recognised stroke. Rookie lifeguards will teach them to develop skills and knowledge in water safety, rescue, resuscitation and lifesaving while meeting new friends and having fun.
- **Splash tots:** 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 - 5 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

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**03000 266 322**

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