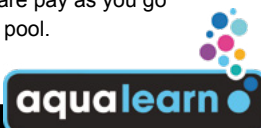


# Activities and class descriptions

- **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.
- **Splashtots:** 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

[sportandleisure@durham.gov.uk](mailto:sportandleisure@durham.gov.uk)  
 03000 266 322

### Contact details

Woodhouse Close Leisure Complex  
 Woodhouse Lane  
 Bishop Auckland  
 County Durham  
 DL14 6JX  
 03000 261 322  
[leisure-woodhouse-close@durham.gov.uk](mailto:leisure-woodhouse-close@durham.gov.uk)

# 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	Learn to swim		Lane swim					
	Wear Valley Swimming Club 6.30-8.30am			General swim					General swim	Wear Valley Swimming Club		General swim		Ladies swim			
Wed	Lane swim		Lane swim		Lane swim		Inflatables		Lane swim	Learn to swim		Wear Valley Swimming Club					
Thur	Lane swim		Lane swim		Lane swim		Fun session		Learn to swim	Wear Valley Swimming Club							
			General swim						Lane swim	Learn to swim		Adult lane swim					
Fri	Wear Valley Swimming Club 6.30-8.30am	Lane swim		General swim		Lane swim		Inflatables		Lane swim	Learn to swim		General swim		Rookie Lifeguards	Staff training	
Sat	Wear Valley Swimming Club		Lane swim		Learn to swim		Lane swim										
Sun			Lane swim		Learn to swim		Lane 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 <b>03000 261 322</b> to book activities and swimming lessons.	

Aqua 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.