

# Spennymoor Leisure Centre

# Pool programme Holiday

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



	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
Mon	General swim		Splashtots	Learn to swim	Waves, slide and splash				Learn to swim		Waves, slide and splash		Adult swim		
Tues		General swim	Aqua fit	Learn to swim	Waves, slide and splash				Learn to swim			Aqua fit	Adult swim		
Wed	General swim		Ready, Sett, Splash (adult and child small pool fun)	Splash-tots	Waves, slide and splash				Learn to swim		Waves, slide and splash		Adult swim		
Thur	General swim		Aqua fit	Learn to swim	Waves, slide and splash				Learn to swim		Waves, slide and splash		Sedgefield Water Polo Club		
Fri	Staff training	General swim		Splashtots	Waves, slide and splash				Learn to swim		Waves, slide and splash				
Sat		Learn to swim		Waves, slide and splash				Pool party hire							
Sun		Sedgefield Water Polo Club		Waves, slide and splash					Disability swim	Available for hire					
	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

- **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.

### Information

- Child admission policy applies. Please see the table on the back
- Walk in beach style pool
- 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 261 161** to book activities and swimming lessons.

### Key

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

# 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. One adult can supervise two children aged 2-6 years in the small pool.
- **Aqua fit:** All the benefits of an aerobics class but in the water.
- **Aqua tots:** Structured progressive swimming lessons suitable from 7 months - 4 years.
- **Adult swim:** General swim for all abilities age 16+, lane swim sometimes available on request.
- **Disability swim:** Sessions open to anyone with a special educational need or disability and their carers. Accessible changing area with hoist available.
- **General swim:** For all ages and abilities.
- **Learn to swim (aqualearn):** Structured, progressive swimming lessons for ages 4 months to school age plus bespoke adult programme.
- **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.
- **Waves, slide and splash:** Sessions are splashtastic fun for families and young people. Our five setting wave machine and slide alternate throughout. Our new aqua-catch means young children can now enjoy the water slide too. See child admission policy for parent to child ratios.



**aqualearn**

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
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 Swim England's expected standard. 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**

**03000 261 161**

## Contact Details

Spennymoor Leisure Centre

High Street

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03000 261 161

[leisure-spennymoor@durham.gov.uk](mailto:leisure-spennymoor@durham.gov.uk)