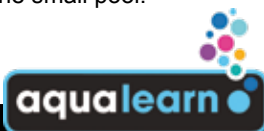


Activities and class descriptions

- **Adult swim:** General swim for all abilities age 16+, lane swim sometimes available on request.
- **Aqua fit:** All the benefits of an aerobics class but in the water.
- **Dementia friendly swim:** A swimming experience for those living with dementia and their carers. Facilities have been adapted to remove simple barriers and make visits easier and our trained staff are on-hand to help.
- **General swim:** For all ages and abilities.
- **Fun session (main pool):** Toys and floats for over 8s. See child admission policy for parent and child ratios.
- **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.
- **School swim:** Private hire by school groups.
- **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

Child admission policy

Child's age	No of adults	Maximum number of children per supervising adult*
0 - 3 yrs	1	1
4 - 7 years	1	2
8 years +	-	unsupervised (providing they are a competent swimmer)

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.

Please ask us if you would like this document summarised in another language or format.

Braille
 Audio
 Large print

sportandleisure@durham.gov.uk

03000 261 322

Contact details

Freeman's Quay Leisure Centre
 Walkergate
 Durham City
 DH1 1SW
 03000 268 488
leisure-freemans-quay@durham.gov.uk

Freeman's Quay Leisure Centre

Pool programme Term time

www.durham.gov.uk/swimming



Main pool

	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		University Swimming Club					Aqua fit	Lane swim			Learn to swim			DCASWC (4 lanes)				
		University Swimming Club			Aqua fit			General swim			Learn to swim			DCASWC (5 lanes)				
Tues		University Swimming Club						Lane swim			Learn to swim			DCASWC (5 lanes)				
		University Swimming Club						General swim			Learn to swim			DCASWC		Durham City Scuba		
Wed		University Swimming Club						Lane swim			Learn to swim			DCASWC		Durham City Scuba		
		University Swimming Club					Aqua fit	Lane swim			Learn to swim			DCASWC (4 lanes)		DCASWC (5 lanes)		
Thur		University Swimming Club						General swim			Learn to swim			DCASWC (4 lanes)		DCASWC (5 lanes)		
		University Swimming Club			Aqua fit			Lane swim			Learn to swim			DCASWC (4 lanes)		DCASWC (5 lanes)		
Fri		University Swimming Club						General swim			Learn to swim		Learn to swim	DCASWC (5 lanes)		University Water Polo		
		University Swimming Club			Aqua fit			Lane swim			Learn to swim			DCASWC (5 lanes)		University Water Polo		
Sat			DCASWC (3 lanes)		Learn to swim			Lane swim			Fun session		Triathlon Club					
			DCASWC (3 lanes)		Learn to swim			General swim			Fun session		Triathlon Club					
Sun			DCASWC		Lane swim			General swim			Learn to swim		DCASWC and University Water Polo					
			DCASWC		Lane swim			General swim			Learn to swim		DCASWC and University Water Polo					

Small pool

	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				School swim	Splashtots	School swim	General swim	Learn to swim		Durham Otters Disability Swim Club			
Tues			School swim	School swim	Splashtots	School swim	General swim	Learn to swim		Adult swim			
Wed			School swim	School swim	Splashtots	School swim	General swim	Learn to swim					
Thur			School swim	School swim	Splashtots	School swim	General swim	Learn to swim					
Fri			School swim	School swim	Learn to swim	School swim	General swim	Learn to swim					
Sat	General swim	Learn to swim				Splashtots		Available for Party hire					
Sun	General swim			Splashtots	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
<ul style="list-style-type: none"> 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
<p>Please contact reception on 03000 268 488 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.
- **Note:** DCASWC is Durham City Amateur Swimming and Water Polo Club