

# Teesdale Leisure Centre

# Pool programme Term time

[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 |
|-------------|-------------------------------------|---------------|---------------|--------------|---------------|-------------------------------------|--------------------|---------------|---------------|-------------------------------------|----------------|--------------------|--------|--------|--------|
| <b>Mon</b>  | General swim                        | General swim  | Learn to swim | Aqua Zumba   | Lane swim     | School swim                         | Learn to swim      | General swim  | Learn to swim | Teesdale Tiger Sharks Swimming Club | Lane swim      |                    |        |        |        |
| <b>Tues</b> | General swim                        | School swim   | Learn to swim | General swim | Lane swim     | School swim                         | Learn to swim      | General swim  | General swim  | Teesdale Swimming Club              | Ladies only    |                    |        |        |        |
| <b>Wed</b>  | General swim                        | Learn to swim | Aqua fit      | Lane swim    | School swim   | Learn to swim                       | General swim       | General swim  | Learn to swim | Lane swim                           | Triathlon Club |                    |        |        |        |
| <b>Thur</b> | General swim                        | Aqua Zumba    | Lane swim     | School swim  | Learn to swim | Teesdale Tiger Sharks Swimming Club | Aqua jog           | General swim  | Lane swim     |                                     |                |                    |        |        |        |
| <b>Fri</b>  | Lane swim                           | Learn to swim | General swim  | Lane swim    | School swim   | Private Booking                     | Staff training     | Learn to swim | General swim  | Inflatables                         | Lane swim      | Available for hire |        |        |        |
| <b>Sat</b>  | Learn to swim                       | General swim  | Inflatables   | Lane swim    | General swim  | Available for hire                  |                    |               |               |                                     |                |                    |        |        |        |
| <b>Sun</b>  | Teesdale Tiger Sharks Swimming Club | General swim  | Inflatables   | Lane swim    | General swim  | Triathlon club                      | Available for hire |               |               |                                     |                |                    |        |        |        |

**Small pool**

|             | 8:00am        | 9:00am        | 10:00am             | 11:00am       | 12:00pm      | 1:00pm | 2:00pm | 3:00pm | 4:00pm | 5:00pm |
|-------------|---------------|---------------|---------------------|---------------|--------------|--------|--------|--------|--------|--------|
| <b>Mon</b>  | Learn to swim | School swim   | Learn to swim       | General swim  |              |        |        |        |        |        |
| <b>Tues</b> | Learn to swim | Learn to swim | School swim         | General swim  |              |        |        |        |        |        |
| <b>Wed</b>  | Learn to swim | Learn to swim | School swim         | General swim  |              |        |        |        |        |        |
| <b>Thur</b> | Nursery swim  | General swim  | School swim         | Learn to swim | General swim |        |        |        |        |        |
| <b>Fri</b>  | General swim  | School swim   | General swim        |               |              |        |        |        |        |        |
| <b>Sat</b>  | Learn to swim | General swim  | Ready, Sett, Splash | General swim  |              |        |        |        |        |        |
| <b>Sun</b>  | General swim  | Aqua fun      | General 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"> <li>Child admission policy applies. Please see the table on the back</li> <li>Depth of the large pool 0.9m - 1.8m.</li> <li>Depth of the small pool 0.6m</li> <li>Swimming equipment for sale at reception</li> <li>Timetable is subject to change</li> <li>Swim times may be disrupted due to activity set up</li> <li>Both pools cleared after Aqua fun sessions</li> </ul> |
| <p>Please contact reception on <b>03000 260 862</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 Description

- **Aqua fit:** All the benefits of an aerobics class but in the water.
- **Aqua jog:** Running in water. Instructor led class uses aqua jog belts to help you keep upright in the water.
- **Aqua Zumba:** Splash your way into shape with an invigorating low-impact aquatic exercise. Integrating the Zumba philosophy with traditional aquatic fitness disciplines.
- **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.
- **General swim:** For all ages and abilities.
- **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.
- **Ladies swim/Men's swim:** Ladies only general swim age 16+ for all abilities/Men's only general swim age 16+ for all abilities.
- **Learn to swim (aqualearn):** Structured, progressive swimming lessons for ages 4 months to school age plus bespoke adult programme.
- **Nursery swim:** Private hire by nursery groups.
- **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](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 260 862

## Contact Details

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