

# Activities and Class Description

- **Aqua fit:** All the benefits of an aerobics class but in the water.
- **Aqua fighter:** Adapt land based mixed martial arts and boxing exercises, drills and routines.
- **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

Teesdale Leisure Centre  
 Barnard Castle  
 County Durham  
 DL12 8DS  
 03000 260 862  
[leisure-teesdale@durham.gov.uk](mailto:leisure-teesdale@durham.gov.uk)

# 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
Mon		General swim		Learn to swim	Aqua Zumba	Lane swim	School swim			Learn to swim	Teesdale Tiger Sharks Swimming Club		Lane swim		
Tues		General swim	School swim	Learn to swim	General swim	Lane swim	School swim			Learn to swim	Teesdale Swimming Club		Ladies only		
Wed		General swim		Learn to swim	Aqua fit	Lane swim	School swim			Learn to swim		Learn to swim		Triathlon Club	
Thur		General swim			Aqua Zumba	Lane swim	School swim			Learn to swim	Teesdale Tiger Sharks Swimming Club		Lane swim		
Fri	Lane swim	Learn to swim	General swim			Lane swim	School swim	Private Booking	Staff training	Learn to swim	Inflatables		Lane swim	Available for hire	
Sat			Learn to swim	General swim		Inflatables	Lane swim	General swim		Available for hire					
Sun		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
Mon			Learn to swim		School swim		Learn to swim		General swim	
Tues			Learn to swim	Learn to swim		School swim			General swim	
Wed				Learn to swim	Learn to swim	School swim			General swim	
Thur			Nursery swim	General swim	School swim	Learn to swim			General swim	
Fri			General swim		School swim				General swim	
Sat		Learn to swim	General swim	Ready, Sett, Splash		General swim				
Sun		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.