

Activities and class description

- **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.
- **Aqua fighter:** Adapt land based mixed martial arts and boxing exercises, drills and routines.
- **Aqua fit:** All the benefits of an aerobics class but 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 (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.
- **Learn to swim (aqualearn):** Structured, progressive swimming lessons for ages 4 months to school age plus bespoke adult programme.
- **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	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

03000 260 862

Contact Details

Teesdale Leisure Centre
 Barnard Castle
 County Durham
 DL12 8DS
 03000 260 862
leisure-teesdale@durham.gov.uk

Teesdale Leisure Centre

Pool programme Holiday

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	General swim		Inflatables	Learn to swim		Teesdale Tiger Sharks Swimming Club		Lane swim	
Tues	General swim			Learn to swim	General swim	Lane swim	General swim		Inflatables	Learn to swim		Teesdale Swimming Club		General swim	
Wed	General swim			Learn to swim	Aqua fit	Lane swim	General swim		Inflatables	Learn to swim			Learn to swim	Triathlon Club	
Thur	General swim				Aqua Zumba	Lane swim	General swim		Inflatables	Learn to swim		Teesdale Tiger Sharks Swimming Club		Aqua fighter	General swim
Fri	General swim	Learn to swim	General swim			Lane swim	Staff training	Private Booking	Inflatables	Learn to swim		General swim		Lane swim	Available for hire
Sat		Learn to swim		General swim		Inflatable session	General swim			Available for hire					
Sun		Teesdale Tiger Sharks Swimming Club	General swim		Inflatable session	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	General swim		Learn to swim		General swim		Learn to swim	Fun session	General swim	
Tues	Learn to swim		Learn to swim		General swim			Fun session	General swim	
Wed	General swim		Learn to swim	Learn to swim	General swim		Ready, Sett, Splash	Fun session	General swim	
Thur			General swim				Learn to swim	Fun session	General swim	
Fri			General swim				Ready, Sett, Splash	Fun session	General swim	
Sat	Learn to swim	General swim		Ready, Sett, Splash	General Swim					
Sun	General swim		Fun session		General Swim					

Key	
Adult programme	Yellow
Children's programme	Pink
Family programme	Light Blue
Swim 4 all	Light Blue
Private booking	Light Green
Aqua classes	Green
Available for hire	Orange
Closed	Grey

Information
<ul style="list-style-type: none"> Child admission policy applies. Please see the table on the back Depth of the large pool 0.9m - 1.8m. Depth of the small pool 0.7m - 0.9m Swimming equipment for sale at reception Timetable is subject to change Swim times may be disrupted due to activity set up Both pools cleared after Aqua fun sessions
<p>Please contact reception on 03000 260 862 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.