

Spennymoor Leisure Centre

Pool programme Term time

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		School swim		General swim	School swim	Dementia friendly		Learn to swim		Waves, slide and splash		Adult swim	
Tues		General swim	Aqua fit	School swim	Learn to swim	General swim	School swim			Learn to swim			Aqua fit	Adult swim	
Wed		General swim		School swim		General swim		Staff training		Learn to swim		Waves, slide and splash		Adult swim	
Thur		General swim	Learn to swim	Aqua fit		General swim	School swim			Learn to swim		Waves, slide and splash		Sedgefield Water Polo Club	
Fri	Staff training	General swim		School swim		General swim	School swim			Learn to swim		Waves, slide and splash			
Sat		Learn to swim				Waves, slide and splash				Pool party hire					
Sun		Learn to swim				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 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.
- **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.
- **School swim:** Private hire by school groups.
- **Splashtots:** You, your baby or toddler, water, toys and lots of fun.
- **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.



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
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

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 03000 261 161
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