

Newton Aycliffe Leisure Centre

Pool programme Term time

www.durham.gov.uk/swimming



Main pool

	7.00am	8.00am	9.00am	10.00am	11.00am	12.00noon	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm		
Mon	Lane swim		Gentle aqua		Lane swim		School swimming lessons		Staff training	aqualearn	Disability swim	Swimming Club						
	General swim			Aquanatal	General swim		Mens swim			General swim								
Tues	Lane swim		Aqua cycle		Lane swim		School swimming lessons		Staff training	aqualearn	Swimming Club	aqualearn		Water Polo Club				
	General swim			General swim		Fin Session				Rookie lifeguards	General swim							
Wed	Lane swim		Ladies swim		Lane swim		School swimming lessons		Staff training	aqualearn	Swimming Club	aqualearn	Aqua jump	Adult lane swim				
	General swim			General swim		School swimming lessons				Swimming Club	General swim	Adult swim						
Thur	Lane swim		Aqua fit		Lane swim		School swimming lessons		Staff training	aqualearn	Swimming Club	aqualearn	Lane swim	Aqua fit	Adult lane swim			
	General swim			General swim		School swimming lessons				Swimming Club	General swim	Adult lane swim						
Fri	Swimming Club	Lane swim		Aqua jump		Private booking		Lane swim	Staff training	aqualearn		Tri Club	Lane swim	Water Polo Club				
	General swim			General swim		School swimming lessons		General swim			General swim		Water Polo Club					
Sat	Swimming Club		Adult lane swim		aqualearn		Inflatable session		Available for hire	Water Polo Club								
	General swim		General swim		General swim		General swim		Available for hire	Swimming Club								
Sun	Staff training	Water Polo Club		aqualearn		Lane swim		General swim		Available for hire	Swimming Club							
	General swim		General swim		General swim		General swim		Available for hire	Swimming Club								

Small pool

	9.00am	10.00am	11.00am	12.00noon	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm
Mon	Schools swimming lessons		aqualearn	General swim	Schools swimming lessons			aqualearn		General swim	
Tues	Schools swimming lessons	aqualearn	Adult and child small pool fun (Ready, Sett, Splash)	General swim	Schools swimming lessons			aqualearn		General swim	
Wed	Splashtots		Private booking	Schools swimming lessons			aqualearn				
Thur	Schools swimming lessons			Schools swimming lessons			aqualearn		General swim		
Fri	Schools swimming lessons		General swim	Schools swimming lessons		aqualearn	General swim				
Sat	aqualearn		General swim		Available for hire						
Sun	Splashtots		aqualearn		General swim						

Key	
	Adult programme
	Children's programme
	Family programme
	Swim 4 all
	Private booking
	Aqua classes
	Available for hire
	Closed

Information	
	Child admission policy applies. Please see the table on the back
	Depth of the large pool 1m - 3m
	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
Please contact reception on 03000 266 446 to book activities and swimming lessons.	

- 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 descriptions

- **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. One adult can supervise two children aged 2 - 6 years in the small pool.
- **Adult swim:** General swim for all abilities age 16+, lane swim sometimes available on request.
- **Aqua cycle:** An indoor cycling class taken into the water environment.
- **Aqua fit:** All the benefits of an aerobics class but in the water.
- **Aqua jump:** Using underwater trampolines, this instructor led class is filled with fun, high energy and will give you a great workout.
- **aqualearn:** Private swimming lessons. Choose from 1 to 1, 1 to 2 or 1 to 3 options. Minimum 2 lessons must be booked.
- **Aqua natal:** Safe exercise during and after pregnancy.
- **Aquatic clubs:** Swimming, water polo - take your pick. Ask at reception for club details.
- **Disability swim:** Sessions open to anyone with a special educational need or disability and their carers. Accessible changing area with hoist available.
- **Fin session:** For advanced swimmer only, train in lanes allocated to swimmers using short fins (*No snorkels, masks, long fins, hand paddles or flippers allowed*).
- **General swim:** For all ages and abilities.
- **Gentle aqua:** Great class for those new or returning to exercise.
- **Inflatable session:** Fun session with large pool inflatables. Age 8 - 14 years. Must be able to swim 25 metres.
- **Ladies swim/Men's swim:** Ladies only general swim age 16+ for all abilities/Men's only general swim age 16+ for all abilities.
- **Lane swim:** For people who just want to swim. Slow/medium/fast lanes available for all abilities.
- **Rookie Lifeguard:** For children 6+ years who can swim 25m in a recognised stroke. Rookie Lifeguards work for bronze, silver and gold awards.
- **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.



aqualearn

From babies to adults it's never too early or late to join our aqualearn 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 266 446

Contact details

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