

# Newton Aycliffe 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	12.00noon	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm	10.00pm
<b>Mon</b>	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						
<b>Tues</b>	Lane swim			Aqua cycle	Lane swim			School swimming lessons	Staff training	aqua learn	Swimming Club	aqualearn		Water Polo Club		
	General swim				General swim			Fin Session		Rookie lifeguards	General swim					
<b>Wed</b>	Lane swim			Ladies swim	Lane swim			School swimming lessons	Staff training	aqua learn	Swimming Club	aqualearn	Aqua jump	Adult lane swim		
	General swim				General swim						General swim	Adult swim				
<b>Thur</b>	Lane swim			Aqua fit	School swimming lessons	Lane swim		School swimming lessons	Staff training	aqua learn	Swimming Club	aqualearn	Lane swim	Aqua fit	Adult lane swim	
	General swim				General swim						General swim	Adult lane swim				
<b>Fri</b>	Swimming Club	Lane swim		Aqua jump	Private booking	Lane swim		School swimming lessons	Staff training	aqualearn		Tri Club	Lane swim	Water Polo Club		
	General swim					General swim						General swim				
<b>Sat</b>	Swimming Club			Adult lane swim		aqualearn			Inflatable session	Available for hire	Water Polo Club					
	General swim															
<b>Sun</b>	Staff training	Water Polo Club		aqualearn	Lane swim		General swim			Available for hire	Swimming Club					
	Adult lane swim															

**Small pool**

	9.00am	10.00am	11.00am	12.00noon	1.00pm	2.00pm	3.00pm	4.00pm	5.00pm	6.00pm	7.00pm
<b>Mon</b>	Schools swimming lessons		aqua learn	General swim	Schools swimming lessons			aqualearn		General swim	
<b>Tues</b>	Schools swimming lessons	aqualearn	Adult and child small pool fun (Ready, Sett, Splash)	General swim	Schools swimming lessons			aqualearn		General swim	
<b>Wed</b>	Splashtots		Private booking	Schools swimming lessons			aqualearn				
<b>Thur</b>	Schools swimming lessons			Schools swimming lessons			aqualearn		General swim		
<b>Fri</b>	Schools swimming lessons			General swim	Schools swimming lessons		aqualearn	General swim			
<b>Sat</b>	aqualearn		General swim		Available for hire						
<b>Sun</b>	Splashtots		aqualearn	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> </ul>
<ul style="list-style-type: none"> <li>Depth of the large pool 1m - 3m</li> </ul>
<ul style="list-style-type: none"> <li>Depth of the small pool 0.7m - 0.9m</li> </ul>
<ul style="list-style-type: none"> <li>Swimming equipment for sale at reception</li> </ul>
<ul style="list-style-type: none"> <li>Timetable is subject to change</li> </ul>
<ul style="list-style-type: none"> <li>Swim times may be disrupted due to activity set up</li> </ul>
<p>Please contact reception on <b>03000 266 446</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 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.
- **Splishtots:** 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](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 266 446

## Contact details

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