

# Freeman's Quay Leisure Centre

# Pool programme Holiday

[www.durham.gov.uk/swimming](http://www.durham.gov.uk/swimming)



Main pool

|      | 6:00am | 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                | 10:00pm |
|------|--------|--------------------------|------------------|-----------|---------|--------------|------------------------------------|--------|-------------|-----------|---------------|----------------|----------------------------------|-------------------|--------|-----------------------|---------|
| Mon  |        | University Swimming Club |                  | Lane swim |         |              | Aqua fit<br>Dementia friendly swim |        | Fun session |           | Learn to swim |                | DCASWC (4 lanes)                 |                   |        |                       |         |
| Tues |        | University Swimming Club |                  | Aqua fit  |         |              |                                    |        | Fun session |           | Learn to swim |                | DCASWC (5 lanes)                 |                   |        |                       |         |
| Wed  |        | University Swimming Club |                  | Lane swim |         |              |                                    |        | Fun session |           | Learn to swim |                | DCASWC                           | Durham City Scuba |        |                       |         |
| Thur |        | University Swimming Club |                  | Lane swim |         |              | Aqua fit                           |        | Fun session | Lane swim | Learn to swim |                | DCASWC (4 lanes)                 | DCASWC (5 lanes)  |        |                       |         |
| Fri  |        | University Swimming Club |                  | Aqua fit  |         |              | Lane swim                          |        | Fun session |           | Learn to swim | Learn to swim  | DCASWC (5 lanes)                 |                   |        | University Water Polo |         |
| Sat  |        |                          | DCASWC (3 lanes) |           |         |              | Lane swim                          |        | Fun session |           |               | Triathlon Club |                                  |                   |        |                       |         |
| Sun  |        |                          | DCASWC           |           |         | General swim | Fun session                        |        | Lane swim   |           | Learn to swim |                | DCASWC and University Water Polo |                   |        |                       |         |

Small pool

|      | 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   |
|------|--------------|--------------|---------------|-------------|---------|--------------|-------------|--------|--------------------------|--------|--------|------------|----------|
| Mon  |              |              | Learn to swim |             |         | General swim | Fun session |        | Learn to swim            |        |        |            | Aqua fit |
| Tues |              |              | Learn to swim |             |         | General swim | Fun session |        | Learn to swim            |        |        | Adult swim |          |
| Wed  |              |              | Learn to swim |             |         | General swim | Fun session |        | Learn to swim            |        |        |            |          |
| Thur |              |              | Learn to swim |             |         | General swim | Fun session |        | Learn to swim            |        |        |            |          |
| Fri  |              |              | Learn to swim |             |         | General swim | Fun session |        | Learn to swim            |        |        |            |          |
| Sat  | General swim |              | Learn to swim |             |         |              | Fun session |        | Available for Party hire |        |        |            |          |
| Sun  |              | General swim |               | Fun session |         | General swim |             |        | Learn to 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 - 2m                                  |
|   | Depth of the small pool 0.5m - 1m                                |
|   | 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 <b>03000 268 488</b> 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.
- Note:** DCASWC is Durham City Amateur Swimming and Water Polo Club

# 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.
- **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.
- **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](http://www.durham.gov.uk/aqualearn)

## Child admission policy

| Child's age | No of adults | Maximum number of children per supervising adult*     |
|-------------|--------------|---|
| 0 - 3 yrs   | 1            | 1   |
| 4 - 7 years | 1            | 2   |
| 8 years +   | -            | unsupervised (providing they are a competent swimmer) |

## 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

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