

Freeman's Quay Leisure Centre

Pool programme Holiday

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 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 03000 268 488 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

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

03000 260 862

Contact details

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