

Activities and class descriptions

- **General swimming:** open to all, lots of water fun at various times throughout the week to suit your lifestyle.
- **Lane swimming:** for an uninterrupted swim, lap it up. Ideal if you are swimming for fitness.
- **Adult only swimming:** focus on you, just swim, swim, swim. Lane swimming sometimes also available.
- **Aquafit:** dance, jog, jump and burn calories in our water based aerobics class. It's a low impact way to get fit.
- **Disability swimming:** sessions open to anyone with a disability and their carers. Pool hoist and disabled changing rooms are available.
- **Splashtots:** you, your baby or toddler, water, aquatoys and lots of fun. Sessions are pay as you play.
- **Aquafun:** bounce, boing and slide on inflatables, floats and other aquatoys. It's splashtastic fun for families and young people.
- **Aquanatal:** gentle water exercise for mums-to-be.
- **DFS*:** Dementia Friendly Swimming.

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	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)

*A supervising adult must be aged 16+ and be a confident swimmer.

Please ask us if you would like this document summarised in another language or format.

 Braille
  Audio
  Large print

sportandleisure@durham.gov.uk

03000 261 322

Contact details

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**Freeman's Quay
Leisure Centre**

Tel: 03000 268 488
September 2016

aqua

Pool programme Holiday



www.durham.gov.uk/swimming

Durham
County Council



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			Aquafit *DFS		Aquafun		aqualearn		DCASWC (4 lanes)		Adult swim		
Tues	University Swimming Club			Aquafit				aqualearn			aqualearn		DCASWC (5 lanes)		Adult swim		
Wed	University Swimming Club			Lane swim					Aquafun		aqualearn		DCASWC		Durham City Scuba		
Thur	University Swimming Club			Lane swim			Aquafit	aqualearn			aqualearn		DCASWC (4 lanes)		DCASWC (5 lanes)		
Fri	University Swimming Club			Aquafit			Lane swim		Aquafun		aqualearn	aqualearn	DCASWC (5 lanes)		University Water Polo		
Sat			DCASWC (3 lanes)				aqualearn		Lane swim	Aquafun		General swim	Triathlon Club				
Sun			DCASWC			General swim		Aquafun	Lane swim		aqualearn		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			aqualearn			General swim	Aquafun		aqualearn				Aquafit
Tues			aqualearn			General swim	Aquafun		aqualearn			Adult swim	
Wed			aqualearn			General swim	Aquafun		aqualearn				
Thur			aqualearn			General swim	Aquafun		aqualearn				
Fri			aqualearn			General swim	Aquafun		aqualearn	aqualearn			
Sat	General swim		aqualearn				Aquafun		Available for Party hire				
Sun		General swim		Aquafun		General swim			aqualearn				

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

Information
<ul style="list-style-type: none"> 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