



Whitby Leisure Centre

Tel: 01947 604640

West Cliff, Whitby, YO21 3HT



# Half Term Pool Programme

Monday 31st May to Sunday 6th June 2010

## Monday

9.00 - 10.30  
10.30 - 12.00  
12.00 - 13.30  
14.00 - 15.30  
16.00 - 18.00

## Tuesday

7.00 - 9.00  
9.00 - 10.30  
10.30 - 12.00  
12.00 - 13.30  
14.00 - 15.30  
16.00 - 17.30  
17.30 - 18.45  
18.45 - 19.45  
20.00 - 21.00

## Wednesday

7.00 - 9.00  
9.00 - 10.30  
10.30 - 12.00  
12.00 - 13.30  
14.00 - 15.30  
16.00 - 18.00  
18.00 - 19.15  
19.15 - 20.30  
20.30 - 21.15

## Thursday

9.00 - 10.30  
10.30 - 12.00  
12.00 - 13.30  
14.00 - 15.30  
16.00 - 17.15  
17.15 - 18.30  
18.30 - 20.00  
20.00 - 21.00

## Friday

7.00 - 9.00  
9.00 - 10.30  
10.30 - 12.00  
12.00 - 13.30  
14.00 - 15.30  
16.00 - 17.00  
17.15 - 18.30  
18.30 - 20.00  
20.00 - 21.00

## Saturday

8.30 - 10.00  
10.00 - 12.00  
12.00 - 13.30  
14.00 - 16.00  
16.30 - 18.30

## Sunday

8.30 - 10.00  
10.00 - 11.30  
11.30 - 13.00  
13.00 - 14.30  
14.30 - 16.00  
16.00 - 19.00  
19.00 - 20.30

## Main Pool

Over 50's  
General Swim  
Adult Lane Swim  
General Swim  
Swimming Lessons

Early Birds  
Ladies Only  
General Swim  
Adult Lane Swim  
Float Fun  
Adult Lane Swim  
General Swim  
Aquacise  
Swimming Club

Early Birds  
Over 50s  
General Swim (Main pool only)  
**Family Scuba Diving**  
General Swim  
Swimming Lessons  
General Swim  
Adults Only  
Adult Swim Lessons

Ladies Only  
General Swim  
Adult Lane Swim  
Float Fun  
General Swim  
Adult Lane Swim  
General Swim  
Swimming Club

Early Birds  
Over 50s  
General Swim  
Adult Lane Swim  
General Swim  
Swimming Lessons  
General Swim  
Adult Lane Swim  
Swimming Club

Early Birds  
General Swim  
Adult Lane Swim  
Splash Fun Session  
Closed

Early Birds  
Adult Lane Swim  
General Swim  
Adult Lane Swim  
General Swim  
Closed  
General Swim

## Small Pool

Parent & Child session  
General Swim  
Swim Tots  
General Swim  
Swimming Lessons

Closed  
**Nemo's 9.30 - 10.15am**  
General Swim  
Swim Tots  
Float Fun  
Swim Tots  
General Swim  
Closed  
Closed

Closed  
**Nemo's 9.30 - 10.15am**  
**Physio**  
Swim Tots  
General Swim  
Swimming Lessons  
General Swim  
Closed  
Closed

**Nemo's 9.30 - 10.15am**  
General Swim  
Swim Tots  
Float Fun  
General Swim  
Swim Tots  
General Swim  
Closed

Closed  
**Nemo's 9.30 - 10.15am**  
General Swim  
Swim Tots  
General Swim  
Swimming Lessons  
General Swim  
Family Swim (Small pool only)  
Closed

Swimming Lessons  
General Swim  
Swim Tots  
Float Fun  
Closed

Swimming Lessons  
Swim Tots  
General Swim  
Swim Tots  
General Swim  
Closed  
Closed

### Please Note:

**Monday 31st Bank Holiday hours 9.00-6.00pm**  
All Swimming Lessons will continue over this holiday period  
**Nemo's 9.30-10.15am (Tues, Wed, Thur and Friday)**  
If we reach our maximum bather load on any of the sessions  
we will 'STOP ENTRY' to the session.

# Half Term Pool Programme

Monday 31st May to Sunday 6th June 2010

## Family Scuba Diving "NEW TIME"- 12.00-13.30

Looking for something different to do with your family? Why not come along and try this session. The sessions will be taken by overland, underwater scuba diving club from York. They are Qualified PADI Instructors and provide a safe and fun introduction to scuba diving. Age 8+ £15.00 Per person

Dates are: Wednesday 2nd June

**Proof of age must be shown if the child is 8yrs for insurance purpose as this is an external company coming into run this session.**

## General Swim Sessions

For all ages, with a clear pool for all to swim in. Also under 8's policy applies for this session (see below)

## Float fun Sessions

Tuesday & Thursday 14.00-15.30

Family fun session, with float boards and balls for all the family to enjoy. (Balls maybe refused if session is busy)

## Nemo's Water Fun (Booking advised)

Tuesday, Wednesday, Thursday & Fridays - 9.30-10.15am. These sessions are designed to increase water confidence whilst being packed full of fun games and activities. Age 4-9yrs - £2.40

## Family Swim Session

This session is designed for parents and their children in the small pool only. The session has limited numbers so come early to avoid being disappointed

## Swim Tots Session

A Fun session for 5's and under, accompanied by an adult 16 years and above (small pool only)

## Adult Lane swim

Adults only (16 yrs and above) lane splitting the pool in half with a fast and slow lane.

## Adults Only

Session for adults 16 yrs and above

## Ladies Only

Swimming session for Ladies 16yrs and above

## Over 50's

A session for the young at heart, but 50 yrs and above

## Early Birds

Everyone welcome for normal swim (Main pool only)

## Adult Fit Swim

This is an organised lane swim for novices and more experienced, open to anyone. A training session for those who are not members of a club. For fitness or sports specific such as triathlons.

## Aquacise

An enjoyable and safe environment in which to exercise. Water helps to support the body and offers resistance to the moves. A great way to work out without put pressure on those joints. No swimming ability required.

### Under 8's policy for all swimming.

The under 8's policy requires one adult (aged 16 or above) to two children at all times within the session. Children must never be left alone in the pool or **allowed to go into a different pool** without the parent accompanying them.