

# Swimming Pool Session Information

## Early Birds

Everyone welcome for normal swimming (Main Pool Only)

## Adults Only

Sessions for adults 16 years and above.

## General Swim

All ages, under 8's are to be accompanied by an adult 16 years and above

## Swim Tots

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

**Nemo's Water World** (Booking advised) 5.15-6.00pm (small pool only)  
Structured fun & games session designed to build water confidence whilst at the same time providing great workout and lots of fun. Ideal for 5 to 8 years.

## Splash Session / Float Fun Session

Family fun session with the inflatable and or Floats for all to use.  
(Use of Inflatable is subject to age and ability).

## Adult Lane Swim

Sessions for adults (16 years and above.) Lane splitting the pool in half with a fast and slow lane.

## Adult Fit swim

An organised Lane swim session 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

## Ladies Only

Swimming session for ladies 16 years and above

## Over 50's

A session for the young at heart, but 50 years and over only

## School and Occasional Party Bookings

Can use general swim or splash fun sessions within the programme. Bookings are made through reception. Booking forms to be completed and deposit paid to confirm place.

## Bank Holiday's

Opening times are 9.00-18.00, except Good Friday 9.00-17.00. There will be No Aerobic Classes or Crèche on these days (See Holiday programmes for more details)

## Inflatable Pool Party

The use of both pools, main pool will have our all-new "Skaterboy" inflatable, small pool will have the float boards, water toys, what more can you ask for?

## Float Fun Party

Both pools filled with float boards and toys for all to enjoy.

## Small Pool Party

Ideal for the younger children. Our small pool is filled with floats and water toys to keep them amused.

## Under 8's Policy for Swimming

The under 8's policy requires one adult (aged 16 yrs and 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.





Whitby Leisure Centre

Tel: 01947 604640

West Cliff, Whitby, YO21 3HT



# School Term Pool Programme

## Monday

7.00 - 9.00  
 9.00 - 10.30  
 10.30 - 12.00  
 12.00 - 13.30  
 13.30 - 15.45  
 16.00 - 18.00  
 18.00 - 19.30  
 19.30 - 20.30  
 20.30 - 21.30

## Tuesday

7.00 - 8.30  
 8.45 - 12.00  
 12.15 - 13.00  
 13.00 - 15.30  
 15.45 - 17.30  
 17.30 - 18.45  
 18.45 - 19.45  
 20.00 - 21.30

## Wednesday

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

## Thursday

8.30 - 9.30  
 9.45 - 11.45  
 12.00 - 13.00  
 13.00 - 16.00  
 16.00 - 17.15  
 17.15 - 20.00  
 20.00 - 21.00

## Friday

7.00 - 9.00  
 9.00 - 10.00  
 10.00 - 11.00  
 11.00 - 12.00  
 12.00 - 13.30  
 13.45 - 15.45  
 16.00 - 17.00  
 17.15 - 18.45  
 18.45 - 20.00

## 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  
 16.30 - 18.30  
 19.00 - 20.30

## Main Pool

Early Birds  
 Ladies Only  
 Over 50's  
 Adult Lane Swim  
 General Swim  
 Swimming Lessons  
 General Swim  
 Ladies Only  
 Adult Fit Swim

Early Birds  
 Schools  
 Adult Lane Swim  
 Schools  
 General Swim  
 Adult Lane Swim  
 Aquacise  
 Pre Booked Swim Club

Early Birds  
 Ladies Only  
 Over 50's  
 Adult Lane Swim  
 General Swim  
 Swimming Lessons  
 General Swim  
 Adults Only  
 Adult Swim Lessons

Ladies Only  
 Schools  
 Adult Lane Swim  
 Schools  
 General Swim  
 Pre Booked  
 General Swim

Early Birds  
 Schools  
 Aquacise  
 Over 50's  
 Adult Lane Swim  
 General Swim  
 Swimming Lessons  
 Float Fun Session  
 Pre Booked

Early Birds  
 General Swim  
 Adult Lane Swim  
 Splash Fun Session  
 Parties (pre booked)

Early Birds  
 Adult Lane Swim  
 General Swim  
 Adult Lane Swim  
 General Swim  
 Parties (pre booked)  
 General Swim

## Small Pool

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

Closed  
 Schools  
 Swim Tots  
 Schools  
 General Swim  
 Swim Tots  
 Closed  
 Pre Booked Swim Club

Closed  
 Pre Booked  
 Pre Booked  
 Swim Tots  
 General Swim  
 Swimming Lessons  
 General Swim  
 Closed  
 Closed

Closed  
 Schools  
 Swim Tots  
 Schools  
 General Swim  
 Pre Booked  
 General Swim

Closed  
 Schools  
 Swim Tots  
 Swim Tots  
 Swim Tots  
 General Swim  
 Swimming Lessons  
 Nemo's Water World\*  
 Pre Booked

Closed  
 General Swim  
 Swim Tots  
 Splash Fun Session  
 Parties (pre booked)

Closed  
 Swim Tots  
 General Swim  
 Swim Tots  
 General Swim  
 Parties (pre booked)  
 Closed

\* Nemo's Water World on Friday 17.15 - 18.00 in small pool

See reverse of programme for more details or ask at reception

