



Tel: 01947 604640

West Cliff, Whitby, YO21 3HT



Summer Pool Programme

Monday 26th July to Monday 31st August 2010

Monday

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 - 19.30
19.30 - 20.30
20.30 - 21.30

Main Pool

Early Birds****
Over 50's
General Swim
Adult Lane Swim
Float Fun Session
Swimming Lessons
General Swim
Ladies Only****
Adult Fit Swim****

Small Pool

Closed
Swimming Lesson
General Swim
Swim Tots
Float Fun Session
Swimming Lessons
General Swim
Closed
Closed

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

Early Birds
Ladies Only
General Swim
Adult Lane Swim
General Swim
Adult Lane Swim
General Swim
AquaCise
Pre Booked -Swim Club

Closed
Nemo's 9.30 - 10.15am
General Swim
Swim Tots
General Swim
Swim Tots
General Swim
Closed
Pre Booked -Swim Club

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

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

Closed
Nemo's 9.30 - 10.15am
Physio
Swim Tots
Float Fun Session
Swimming Lessons
General Swim
Closed
Closed

Thursday

9.00 - 10.30
10.30 - 12.00
12.00 - 13.30
14.00 - 15.30
16.00 - 18.00
18.00 - 19.30
19.30 - 21.00

Ladies Only
General Swim
Adult Lane Swim
General Swim
Adults Only
General Swim
Adults Only

Nemo's 9.30 - 10.15am
General Swim
Swim Tots
General Swim
Swim Tots
General Swim
Closed

Friday

7.00 - 9.00
9.00 - 10.00
10.00 - 11.00
11.00 - 12.00
12.00 - 13.30
14.00 - 15.30
16.00 - 17.00
17.15 - 18.30
18.30 - 19.45
19.45 - 21.00

Early Birds
Over 50s
AquaCise
General Swim
Adult Lane Swim
Float Fun Session
Swimming Lessons
General Swim
Ladies Only
Adults Only

Closed
Nemo's 9.30 - 10.15am
General Swim
Swim Tots
Float Fun Session
Swimming Lessons
General Swim
Closed
Closed

Saturday

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

Early Birds
General Swim
Adult Lane Swim
Float Fun Session
Closed

Swimming Lessons
General Swim
Swim Tots
Float Fun Session
Swimming Lessons

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

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

Swimming Lessons
Swim Tots
General Swim
Swim Tots
General Swim
Parties (Pre booked)
Closed

Please Note:

Bank Holiday Monday August 31st ****Opening hrs 9.00-18.00

Parent & Child swimming lessons - Monday 9.30am

Swimming lessons will continue over these holidays

Nemo's 9.30-10.15am (Tues, Wed, Thurs & Fri)

See reverse of programme for more details or ask at reception For more details)

Summer Pool Programme

Monday 26th July to Monday 31st August 2010

Bank Holiday Monday 31st August****

Opening hours are 9.00-18.00. See Pool programme between these times for the sessions.

Last entry into the Gym will be 5pm, Building closes @ 6pm.

Family Scuba Diving Sessions

Looking for something different to do with the kids? Then why not come along and try one of these days. The sessions are held 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 + Price - £21.00 Per Person

Dates are: Wednesday 4th & 25th August -Times: 12.00-13.30

Medical forms **MUST** be completed before you attend, as this is an external company coming in to do these sessions and they require these for insurance purposes,

Please Note: There will be no Adult lane swim on the dates above where scuba diving is on.

Float fun Sessions

Monday, Wednesday, Fridays & Saturday - 14.00-15.30

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

Swim Tots Sessions

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

Organised lanes 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.

Please Note:

If we reach the maximum bather load in any of our sessions we will stop entry. Sorry for any inconvenience this may cause.