

## What sessions are best for me?

### Beginner

**Adult Lessons** - our Swim Instructors will teach you basic swimming techniques, giving you support and confidence in the water.

**General Swim** - generally the 'less busy' times in the pool are 'General Swim' sessions Monday - Friday either mid morning or mid afternoon where available. During these sessions you can enjoy a relaxing swim and improve your swimming technique. N.B Sessions can be busier during school holidays.

### Competent Swimmer

**Adult Lessons** - our Swim Instructors will help you work on your swimming stroke and build your stamina.

**General/Adult Swim** - any of these sessions are suitable.

**Lane Swim** - for those that want to swim some distance, quieter times may suit those that feel less confident.

### Advanced Swimmer

**Lane Swim** - these sessions are most suitable, particularly at sessions where there are at least two speed controlled lanes available.

**Swim Club** - for that competitive edge why not join our Swim Club for some regular coached training.

### Aquafit/Aqua Zumba

Workout in the water to music, this low impact class is great fun yet easy on the joints, working against the resistance of the water. Ideal for both swimmers and non swimmers.

### Disabled/Rehab and Relaxed

An exclusive pool session with pool chair lift to ensure a comfortable entry and exit from the water for people with mobility difficulties. Plus a variety of equipment is on hand to aid swimming.

### Family Fun Zone

A family orientated session where you can enjoy the rafts, floats and toys. Children must be accompanied in the water by an adult.

### Fun Zone

A wet and wild fun session with lots going on! Fun Zone sessions are open to all ages and abilities.

### Parent and Tots

Exclusive pool time without the hustle and bustle of general swim sessions for parents and under 5s with an advisor on poolside.

### Wet and Wild

A fun packed session with organised games for competent swimmers. Shallow half of pool for fun swimming with floats and toys, deep half of pool with organised games and activity leader.

### Sauna

Ease the stress and strains of your daily routine by relaxing in our pine cabin. Please follow guidelines to maximise your enjoyment.

Monday	7.30am - 9pm
Tuesday	8.30am - 10pm
Wednesday	7.30am - 8pm (Ladies only 8 - 9pm)
Thursday	8.30am - 9pm
Friday	7.30am - 8pm
Saturday	8.30am - 3.30pm
Sunday	8.30am - 3pm

### Learn to Swim

We offer a full range of swimming lessons from Tots through Juniors to competitive swimming. We also offer adult lessons so it's never too late to learn. Please see our Learn to Swim leaflet for more details.

### Bedale Sharks Swim Club

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. For more information call in on our club nights - Tuesdays, Fridays and Sundays.

### Safety and Supervision

In line with IMSPA National Safety guidelines, a responsible adult must accompany children under eight using the swimming pools. All sessions are operated on a two children to one adult basis for all children under eight. Whilst in the water, adults should maintain a constant watch over the children and remain in close contact with weak/non swimmers.

**The text of this leaflet is available  
in large or single colour print**

<b>Bedale Leisure Centre</b> (01677) 427272	<b>Hambleton Leisure Centre</b> (01609) 777070	<b>Stokesley Leisure Centre</b> (01642) 711140	<b>Thirsk &amp; Sowerby Leisure Centre</b> (01845) 522447
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[hambletonleisure.co.uk](http://hambletonleisure.co.uk)

The centres are accessible to people with a wide range of disabilities.

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Bedale Leisure Centre

# zest Swim



April 1 to September 30 2012



Your guide to  
Bedale Leisure Centre's  
Swimming Activities



**Key** General Swim 50+ Swim Adult Swim Swimming Lessons Family/Fun Group Fitness Disabled/Rehab Private Hire

\* = Session only operates on the first Saturday of every month. All other Saturdays the pool is available for hire.

### SCHOOL TERM - April 16 to June 3, June 9 to July 20 and September 4 to 30

LANES	7am		8		9		10		11		12noon		1		2		3		4		5		6		7		8		9		10pm	
	7.30	8.30	8.30	9.30	9.30	10.30	10.30	11.30	11.30	12.30	12.30	1.30	1.30	2.30	2.30	3.30	3.30	4.30	4.30	5.30	5.30	6.30	6.30	7.30	7.30	8.30	8.30	9.30	9.30			
<b>MON</b>	General Lanes		General Swim		School Lessons		General Lanes		General Lanes		General Lanes		General Swim		General Swim		Junior Lessons		General Lane		General Lane		Aquafit		Adult Lessons		Adult Lanes		Adult Swim			
<b>TUES</b>	General Lanes		General Swim		50+		50+		Aquafit		General Lanes		General Swim		Parent and Tots		Junior Lessons		Fun Zone		Swim Club and Water Polo		Swim Club and Water Polo		Swim Club and Water Polo		Adult Lanes		Adult Swim			
<b>WED</b>	General Lanes		General Swim		School Lessons		School Lessons		School Lessons		School Lessons		School Lessons		School Lessons		Junior Lessons		General Lane		Ladies Lanes		Ladies Lanes		Ladies Swim							
<b>THURS</b>			Adult Lessons		General Swim		General Swim		General Swim		General Swim		General Swim		50+		Junior Lessons		General Lane		Adult Lanes		Adult Swim		Adult Lanes		Adult Swim					
<b>FRI</b>	General Lanes		General Swim		School Lessons		School Lessons		School Lessons		School Lessons		School Lessons		Disabled/Rehab and Relaxed		Junior Lessons		General Swim		Swim Club		Swim Club		Swim Club		Adult Lanes		Adult Swim			

### SCHOOL HOLIDAYS - April 1 to 15, June 4 to 8, July 21 to September 3

LANES	7am		8		9		10		11		12noon		1		2		3		4		5		6		7		8		9		10pm	
	7.30	8.30	8.30	9.30	9.30	10.30	10.30	11.30	11.30	12.30	12.30	1.30	1.30	2.30	2.30	3.30	3.30	4.30	4.30	5.30	5.30	6.30	6.30	7.30	7.30	8.30	8.30	9.30	9.30			
<b>MON</b>	General Lanes		General Swim		Crash Course		General Swim		General Swim		General Swim		Adult Lanes		Adult Swim		Wet and Wild		Junior Lessons		General Lane		General Lane		Aquafit		Adult Lessons		Adult Lanes			
<b>TUES</b>	General Lanes		General Swim		Crash Course		50+		50+		Aquafit		Adult Lanes		Adult Swim		General Swim		Junior Lessons		Fun Zone		Swim Club and Water Polo		Swim Club and Water Polo		Adult Lanes		Adult Swim			
<b>WED</b>	General Lanes		General Swim		Crash Course		General Swim		General Swim		General Swim		Adult Lanes		Adult Swim		Wet and Wild		Junior Lessons		General Lane		Ladies Lanes		Ladies Lanes		Ladies Swim					
<b>THURS</b>			Adult Lessons		Crash Course		General Swim		General Swim		Aqua Zumba		Adult Lanes		Adult Swim		50+		Junior Lessons		General Lane		General Lane		General Lane		Adult Lanes		Adult Swim			
<b>FRI</b>	General Lanes		General Swim		Crash Course		General Swim		General Swim		General Swim		Adult Lanes		Adult Swim		Disabled/Rehab and Relaxed		Junior Lessons		General Swim		Swim Club		Swim Club		Adult Lanes		Adult Swim			

### WEEKENDS - April 1 to September 30

LANES	7am		8		9		10		11		12noon		1		2		3		4		5		6		7		8		9		10pm	
	7.30	8.30	8.30	9.30	9.30	10.30	10.30	11.30	11.30	12.30	12.30	1.30	1.30	2.30	2.30	3.30	3.30	4.30	4.30	5.30	5.30	6.30	6.30	7.30	7.30	8.30	8.30	9.30	9.30			
<b>SAT</b>	General Lanes		General Swim		Junior Lessons		Junior Lessons		Junior Lessons		Lane		Wet and Wild		Wet and Wild		Water Walker* (First Saturday Only)		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire			
<b>SUN</b>	General Lanes		General Swim		Swim Club		Swim Club		Family Fun Zone		General Lanes		General Swim		General Lanes		General Swim		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire		Available for Parties/Hire			

Times are subject to change on Bank Holidays