

POOL TIMETABLE

	POOL	6.30-8.00	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.00	3.00-4.00	4.00-5.00	5.00-6.00	6.00-7.00	7.00-8.00	8.00-9.00	9.00-10.00
MONDAY	Learner			Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming	Family Swim	SWIM STARZ						
	Main	Lane/Public Swim					Lane/Public Swim			SWIM STARZ	Swim Club		Sub-Aqua			
	Training				Schools Swimming		Ladies Only	Schools Swimming		Public Swim	Swim Club					
TUESDAY	Learner			Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming	Family Swim	SWIM STARZ						
	Main	Lane/Public Swim					Lane/Public Swim			SWIM STARZ	Swim Club		Public Swim			
	Training				Schools Swimming		Diamond Club/Disabled	Schools Swimming		Public Swim	Adult Lessons		Aqua Fit			
WEDNESDAY	Learner			Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming	Family Swim	SWIM STARZ						
	Main	Lane/Public Swim					Lane/Public Swim			SWIM STARZ	Swim Club		Adults Lane Swim			
	Training				Schools Swimming		Diamond Club/Disabled	Schools Swimming		Public Swim		Aqua Fit				
THURSDAY	Learner			Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming	Family Swim	SWIM STARZ						
	Main	Lane/Public Swim					Lane/Public Swim			SWIM STARZ	Swim Club		Public Swim			
	Training				Schools Swimming		Diamond Club/Disabled	Schools Swimming		Public Swim	Adult Lessons		Ladies Only			
FRIDAY	Learner				Schools Swimming		Family Swim	Schools Swimming	Family Swim	SWIM STARZ						
	Main	Lane/Public Swim					Lane/Public Swim			SWIM STARZ	Swim Club		Adults Lane Swim			
	Training				Schools Swimming		Aqua Fit	Schools Swimming	Diamond Club/Disabled	Public Swim						
SATURDAY	Learner			AQUA STARZ		SWIM STARZ	Family Swim									
	Main		Lane Swim		Swim Starz		Public Swim		Lane/Public Swim							
	Training				SWIM STARZ	PARTY STARZ	Ladies Only	Swim Club	Adult Lessons							
SUNDAY	Learner			AQUA STARZ	SEN Swim	Family Swim										
	Main		Lane/Public Swim			Swim Club										
	Training				SEN Swim	PARTY STARZ	Ladies Only	Public Swim	Swim Club							
	POOL	6.30-8.00	8.00-9.00	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.00	3.00-4.00	4.00-5.00	5.00-6.00	6.00-7.00	7.00-8.00	8.00-9.00	9.00-10.00



We are very proud of our Swim Starz programme and here's why:

- Over 100 classes a week
- Lessons for all abilities, Aqua Starz 4 months - 4 years, Swim Starz 4 years plus and Rookie Lifeguard for the budding lifesaver
- Our fantastic Swim Starz teachers are all Swim England qualified and attend regular on-going CPD training to keep them up-to-date with the latest teaching techniques and methods.
- Enrol your child today - ask at reception for details!



For further information please contact our Swim Manager:
Zoe.Cown@catterickleisurecentre.co.uk



As part of our Activ Adults Programme we are also offering our Swim Smart Coaching Sessions. These sessions are designed to provide the more confident adult swimmers with the opportunity to access structured training without the commitment of paying for a term of swimming lessons.

Adult Stages

- Be Water Confident
- Be a Better Swimmer
- Be a Swimmer
- Be a Master Swimmer

Did you know...?

Catterick Leisure Centre is an Approved Training Centre for the RLSS and The Institute of Swimming.

RLSS Qualifications

- National Pool Lifeguard Qualification
- First Aid at Work
- Automated External Defibrillator
- Rookie Lifeguard
- National Lifesaving Academy

Swim England Qualifications

- Level 1 Swimming Teacher (Assistant)
- Level 2 Swimming Teacher

For further information or details regarding booking on to any courses please contact a member of our Reception Team on 01748 831030 or email the Approved Training Centre Co-ordinator: Simon.Hughes@catterickleisurecentre.co.uk

PLEASE NOTE...

Safety and Supervision

In line with CIMSPA National Safety Guidelines, a responsible adult must accompany children under eight using the swimming pools. All Pools operate on a two children to one adult ratio under the age of eight. The Main pool and Training pool operate an additional measure of one child to one adult between 0 and 3yrs. Adults should maintain supervision and remain in close contact with children at all times. Weak/Non-Swimmers are restricted to areas of the pool with a water depth of 1.5m or less. Please ensure you shower before you swim, if you have been unwell in the last 48 hours you should not enter the pool. Appropriate swimwear must be worn at all times.