

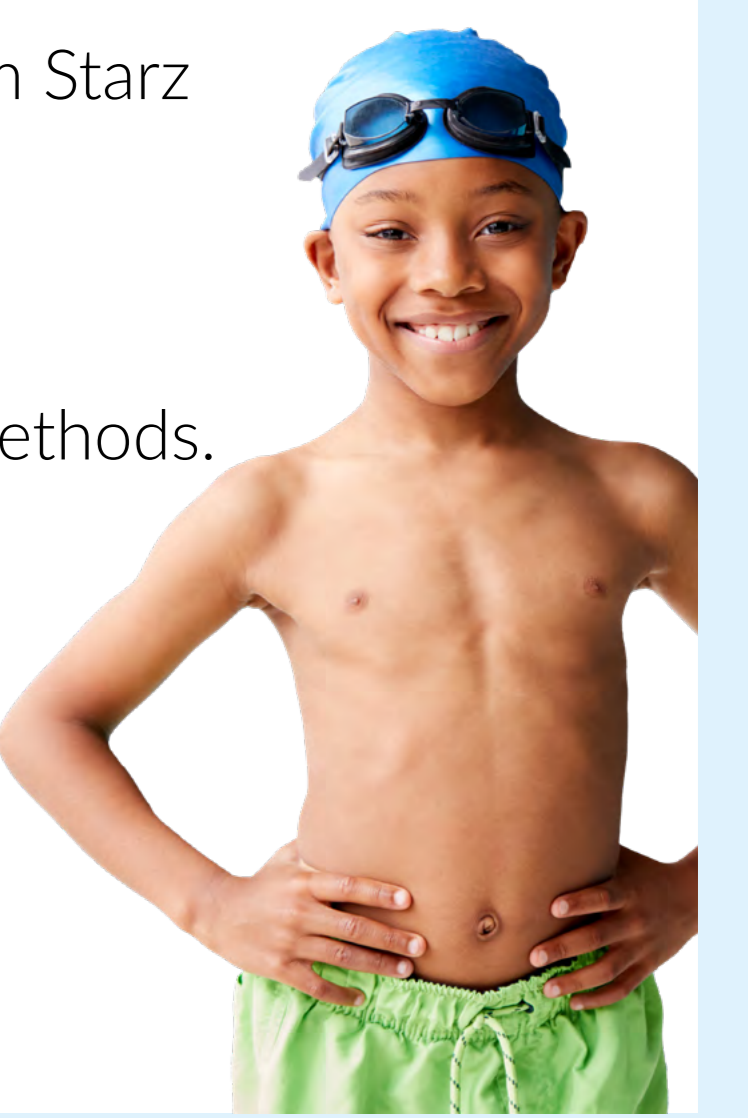
# POOL TIMETABLE



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 Stars 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 reception for details!

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



	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		Closed for Staff Training	
	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					
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			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	Aqua Fit	Schools Swimming			Public Swim					
SATURDAY	Learner				AQUA STARZ		Family Swim		PARTY STARZ		Family Fun					
	Main		Lane Swim	Swim Starz				Lane/Public Swim			Family Fun					
	Training					PARTY STARZ		Ladies Only								
SUNDAY	Learner			AQUA STARZ	SEN Swim		Family Fun	Lane/Public Swim		PARTY STARZ						
	Main		Lane/Public Swim			Family Fun		Swim Club								
	Training				SEN Swim		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



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

- Adult Stages**
- Be water confident
  - Be a swimmer
  - Be a better swimmer
  - Be a master swimmer

**Did you know...?**

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

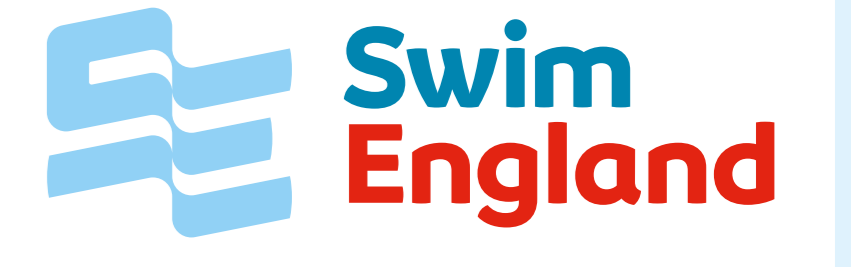
**RLSS Qualifications**

- 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 831 030 or email the Approved Training Centre Co-ordinator:  
Simon.Hughes@catterickleisurecentre.co.uk

**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.



Download the timetable here