



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-4years, Swim Starz 4 years plus offering stages 1-10 & Activ Adults. We also offer Rookie Lifeguard and National lifesaving academy for the budding lifesavers
- 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 on our website: cattericklc.courseprogress.co.uk/onlinejoining/home or ask reception for details!

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

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.

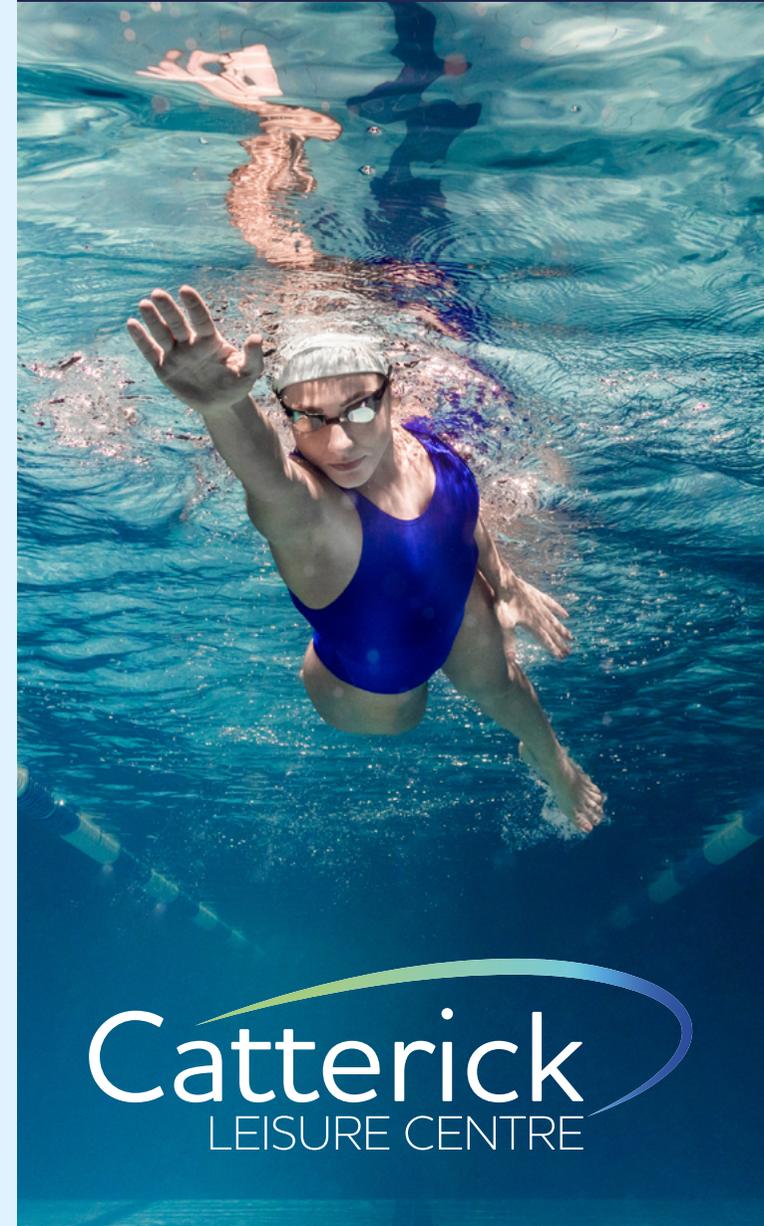
Contact us

Reception 01748 831 030

Catterick Leisure Centre, Gough Road,
Catterick Garrison, North Yorkshire DL9 3EL



POOL TIMETABLE



Catterick

LEISURE CENTRE



Our SEN swimming sessions are specialized swimming sessions designed for individuals with Special Educational Needs and Disabilities (SEND). These sessions aim to provide a supportive and inclusive environment where participants can develop their swimming skills and build confidence in the water. Our center offers a tailored session which includes no music, separate changing facilities and the use of floats and toys, to accommodate the needs of those with sensory sensitivities.



Family Fun Session

Fun sessions are held in both the Main Pool & Learner Pool. Come along to try out our inflatable or have fun with our Giant floats and balls.

admission policies apply

	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	Main	RDASC					Lane				SWIM STARZ	RDASC			Tri-Club	
		Lane					General Swim								Lane	
	Training	General Swim			Schools Swimming			Ladies Only	Schools Swimming			General Swim		RDASC		
		Learner			Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming		Family Swim	SWIM STARZ				
Tuesday	Main		Lane					Lane				SWIM STARZ	RDASC			Lane
						General Swim										
	Training	General Swim			Schools Swimming			Diamond Club/ Disabled	Schools Swimming			General Swim	RDASC	Adult Lessons	Aqua Fit	
Learner				Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming		Family Swim	SWIM STARZ					
	Wednesday	Main	Lane					Lane				SWIM STARZ	RDASC			Lane
				General Swim												
Training		General Swim			Schools Swimming			Diamond Club/ Disabled	Schools Swimming			General Swim				
	Learner			Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming		Family Swim						
Thursday		Main	Lane					Lane				SWIM STARZ	RDASC			Lane
					General Swim											
	Training	General Swim			Schools Swimming			Diamond Club/ Disabled	Schools Swimming			General Swim		Adult Lessons	Ladies Only	
Learner				Family Swim	Schools Swimming	AQUA STARZ	Family Swim	Schools Swimming		Family Swim	SWIM STARZ					
	Friday	Main	RDASC					Lane				SWIM STARZ	RDASC			Lane
Lane							General Swim									
Training		General Swim			Schools Swimming	Diamond Club/ Disabled	Aqua Fit	Schools Swimming			General Swim					
	Learner			Schools Swimming			Family Swim	Schools Swimming		Family Swim	SWIM STARZ					
Saturday		Main	RDASC		General Swim						Family Fun					
	Lane		SWIM STARZ				Lane									
	Training	General Swim					PARTY STARZ	Ladies Only								
Learner				AQUA STARZ	SWIM STARZ	Family Swim			PARTY STARZ	Family Fun						
	Sunday	Main	Lane					Family Fun	RDASC							
General Swim																
Training				SEN Swim			Ladies Only	General Swim			RDASC					
	Learner			AQUA STARZ	SEN Swim	Family Fun	Family Swim			PARTY STARZ						