



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



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

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

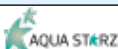
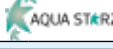
Catterick Leisure Centre, Gough Road,
Catterick Garrison, North Yorkshire DL9 3EL



POOL TIMETABLE



Catterick
LEISURE CENTRE

	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					RDASC		Tri-Club									
		Lane					General Swim							Lane									
	Training	General Swim			Schools Swimming		Ladies Only	Schools Swimming		General Swim	RDASC		Tri-Club										
	Learner			Family Swim	Schools Swimming		Family Swim	Schools Swimming	Family Swim														
Tuesday	Main	RDASC					Lane					RDASC		Lane									
		Lane					General Swim							Lane									
	Training	General Swim			Schools Swimming		Diamond Club/ Disabled	Schools Swimming		General Swim	RDASC	Adult Lessons	Aqua Fit										
	Learner			Family Swim	Schools Swimming		Family Swim	Schools Swimming	Family Swim														
Wednesday	Main	Lane					Lane					RDASC		Tri-Club									
		General Swim					General Swim							Ladies Only	General Swim								
	Training		General Swim	Aqua Fit	Schools Swimming		Diamond Club/ Disabled	Schools Swimming		General Swim		Ladies Only	General Swim										
	Learner			Family Swim	Schools Swimming		Family Swim	Schools Swimming	Family Swim														
Thursday	Main	Lane					Lane					RDASC		Lane									
		General Swim					General Swim							Adult Lessons	General Swim								
	Training	General Swim			Schools Swimming		Diamond Club/ Disabled	Schools Swimming		General Swim		Adult Lessons	General Swim										
	Learner			Family Swim	Schools Swimming		Family Swim	Schools Swimming	Family Swim														
Friday	Main	RDASC					Lane					RDASC		Lane									
		Lane					General Swim							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														
Saturday	Main	RDASC		General Swim						RDASC		 Birthday parties available at 10.30am  Mini Starz Birthday parties available at 3pm											
		Lane						Lane															
	Training	General Swim				Ladies Only	RDASC																
	Learner					Family Swim																	
Sunday	Main	Lane				Family Fun		RDASC															
		General Swim						RDASC															
	Training		SEN Swim				Ladies Only	General Swim															
	Learner			SEN Swim		Family Fun	Family Swim																
		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							