

Main Pool

	6.30am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30	
MON	General Lanes ♦						School Swimming				Adult Swim ♦		50+ ●			School Swimming		General Swim ●					Learn to Swim				Adult Lane Swim ♦		AquaFit			
TUES	General Lanes ♦						School Swimming				Adult Swim ♦		AquaFit		General Swim ●		General Swim ●			Learn to Swim		Stokesley Amateur Swimming Club										
WED	General Lanes ♦						AquaFit			Adult Lessons			Adult Swim ♦		Discount Dip		General Swim ●		General Swim ●					Learn to Swim			Adult Lessons		Adult Lane Swim ♦			
THURS	General Lanes ♦						School Swimming				Adult Swim ♦		Staff Training					General Swim ●			Learn to Swim			Stokesley Amateur Swimming Club			Adult Lane Swim ♦					
FRI	General Lanes ♦					50+ ●			AquaFit		General Swim ●		Adult Swim ♦			Accessible Swim		General Swim ●					Learn to Swim			General Swim ●			Adult Lane Swim ♦			
SAT		Swim Club				General Swim ●										Learn to Swim																
SUN				General Swim ●								Family Fun			Book your pool party		Stokesley Amateur Swimming Club															

Small Pool

	6.30am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30			
MON							School Swimming				General Swim		Pre School Lessons				School Swimming			Learn to Swim														
TUES							School Swimming					Pre School Lessons			General Swim					Learn to Swim														
WED							General Swim				Pre School Lessons			Discount Dip		General Swim			Learn to Swim															
THURS							School Swimming					General Swim			Staff Training					Learn to Swim														
FRI							Pre School Lessons					General Swim				Accessible Swim				Learn to Swim						General Swim								
SAT						Learn to Swim										General Swim																		
SUN				General Swim									Family Fun			Book your pool party																		

General Information

- ▶ Lockers £1 returnable
- ▶ Vending machines are available
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Times are subject to change on Bank Holiday

- ▶ We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C - 30°C
 - ▶ Please check our website and facebook page for news on any changes to the programme
 - ▶ All sessions are inclusive of any changeover time required
- ♦ Lanes available ● Single lane



Part of

