

# Bedale Leisure and Wellbeing Hub Programme

## From Tuesday 1 July 2025

## Main pool

	6.45 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	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 pm	
Monday			General Lanes ♦ 6.45 – 9.15am				General Swim ● 9.15 – 11am				50+ ● 11am – 12.30pm		Adult Lane Swim ♦ 12.30 – 1.30pm		General Swim 1.30 – 2.45pm		Discount Dip 2.45 – 3.45pm		Learn to Swim 3.45 – 5.15pm			General Swim ● 5.15 – 6pm			Aquafit 6.15 – 7pm			Adult Lane Swim ♦ 7.15 – 8.45pm			
Tuesday		General Lanes ♦ 7 – 9.15am				General Swim ● 9.15 – 11.15am					Aquafit 11.30am – 12.15pm			Adult Lane Swim ♦ 12.30 – 1.30pm		Closed Staff Training 1.30 – 3.30pm						Learn to Swim 3.45 – 5.30pm			General Swim ● 5.30 – 6.30pm		Adult Lane Swim ♦ 6.30 – 7.30pm		NASC 7.30 – 9pm		
Wednesday		General Lanes ♦ 7 – 9.15am					School Swimming 9.30am – 12noon						Adult Lane Swim ♦ 12.30 – 1.30pm			Hydrofit 1.45 – 2.30pm		Aquafit 2.45 – 3.30pm					Learn to Swim 4 – 5.30pm			Fun Zone 5.30 – 6.45pm		General Swim ● 6.45 – 8pm		Adult Lane Swim ♦ 8 – 9pm	
Thursday					General Swim 8.15 – 9.45am			Pre School Lessons 9.45 – 11.15am				Aquafit 11.30am – 12.15pm			Adult Lane Swim ♦ 12.30 – 1.30pm		General Swim 1.30 – 2.45pm		50+ ● 2.45 – 3.45pm		Learn to Swim 3.45 – 5.45pm			General Swim ● 5.45 – 6.45pm		NASC 6.45 – 8.15pm			Adult Lane Swim ♦ 8.15 – 9pm		
Friday		General Lanes ♦ 7 – 9am					School Swimming 9.30 – 11.30am						Adult Lane Swim ♦ 12noon – 1.30pm		Accessible Swim 1.30 – 2.30pm		General Swim 2.30 – 4pm			Learn to Swim 4 – 5.45pm			General Swim ● 5.45 – 7pm		Aquafit 7 – 7.45pm						
Saturday				General Lanes ♦ 8 – 9am		Learn to Swim 9am – 12.30pm							General Swim 12noon – 12.45pm																		
Sunday				General Lanes ♦ 8 – 9am		Family Fun 9 – 10am		Fun Zone 10 – 11am		General Swim ♦ 11am – 12noon		Book your pool party 12noon – 1pm																			
	6.45 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	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	

**General Information:** Lockers £1 returnable. Swimwear and swimming equipment available to buy at reception. Times are subject to change on Bank Holiday. Please check our website and facebook page for news on any changes to the programme. Adult to child ratio is 1:2. All children under 8 must be accompanied by an adult or guardian in the water. We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C – 30°C. All sessions are inclusive of any changeover time required. RAF swim tests may take place Mon-Fri between 7.45-9am. Vending machines are available.

**KEY** ♦ Lanes available ● Single lane

# Guidance

## 50+ Swim

Exclusive pool time for 50years+ users.

## Accessible Swim

A session designed for people with a disability, mobility issues or long-term health conditions. A Pool hoist assisted entry will be available for easy access to the pool. Swimming aids/floats are available to assist swimmers in the pool if required.

## Adults Lanes Only

Exclusive adult pool time, lane swimming only.

## Aquafit

Workout in the water to music, this low impact class is great fun yet easy on the joints, working against the resistance of the water. Ideal for swimmers and non swimmers.

## Discount Dip

Swim at a reduced rate, see price list.

## Family Fun

Enjoy the pool, splash about to music and have some fun with floats at our new family swim session. Juniors must be accompanied by adults in the water.

## Fun Zone

A wet and wild fun session with lots going on! Fun Zone sessions are open to all ages and abilities.

## General Lanes

Open to all, lane swimming only.

## General Swim

Open to all, single lane available in some sessions.

## Hydrofit

A full body workout with a combination of deep water exercises engaging the core using woggles and dumbbells. This improves posture and flexibility. Support with an aquabelt is available.

## Learn to Swim

We offer a full range of swimming lessons including babies through to juniors and competitive swimming. We also offer adult lessons so it's never too late to learn. Please see our Learn to Swim leaflet for more details. Centres may vary.

## Northallerton Amateur Swimming Club (NASC)

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact [nasc@nasc.co.uk](mailto:nasc@nasc.co.uk) for more information.

## Sauna

For 16 years and over only. Opening times correspond with the pool opening times.

## Safety and Supervision

In line with CIMSPA National Safety guidelines, a responsible adult must accompany children under eight using the swimming pools. All sessions are operated on a two children to one adult basis for all children under eight. Adults should maintain a constant watch over the children and remain in close contact with weak/non swimmers. Please inform the lifeguards if you have a medical condition that may compromise your safety or that of other swimmers before entering the pool. If you have experienced sickness or diarrhoea in the last 48 hours you should not enter the pool. Appropriate swimwear must be worn at all times.

## Safeguarding

If you have any concerns about the welfare of a child or vulnerable adult, please ask to speak to the Duty Manager.