

# Bedale Leisure and Wellbeing Hub Programme

## From Monday 1 September 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		Adult Lessons					
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 3 - 3.45pm		Learn to Swim 4 - 5.30pm		Fun Zone 5.30 - 6.45pm		General Swim ● 6.45 - 8pm		Adult Lane Swim ♦ 8 - 9pm								
Thursday		General Lanes ♦ 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																				

**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 50 years+ 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.