

# Stokesley Leisure and Wellbeing Hub Programme

Summer Holidays – Monday 20th July to Sunday 6th September

## Main pool

|                                                             | 6.30 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 | 9.30 pm |                     |  |  |
|-------------------------------------------------------------|---------------------------|----------------------------------------|------|------------------------------|-----------------------------|------------------------|-------------------------------|-------------------------------------|----------------------------------|----------------------------------|-----------------------------|-----------------------------|------------------------------|--------------------------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------|----------------------------------------|-----------------------------|-----------------------------|------|---|-----------------------------|---------------------|-------------------------------------------|-------------------------------------|---------------------------|---|---------|---------------------|--|--|
| Monday<br>(31st August pool opening times: 12noon – 6.45pm) | Lane swim ♦ 6.30 – 10am   |                                        |      |                              |                             |                        | General swim ● 10 – 11.45am   |                                     |                                  |                                  | Adult swim ♦ 11.45am – 1pm  |                             | 50+ ♦ 1 – 2.15pm             |                                                  |                              | General swim ● 2.30 – 6.45pm |                              |                              |      |                                        |                             |                             |      |   |                             | Lane swim ♦ 7 – 8pm |                                           | Aquafit 8.15 – 9pm                  |                           |   |         |                     |  |  |
| Tuesday                                                     | Lane swim ♦ 6.30 – 10am   |                                        |      |                              |                             |                        | General swim ● 10 – 11.45am   |                                     |                                  |                                  | Adult swim ♦ 11.45am – 1pm  |                             |                              | Aquafit 1.15 – 2pm                               | General swim ● 2 – 5.45pm    |                              |                              |                              |      |                                        |                             |                             |      |   | Learn to swim 3.45 – 5.45pm |                     |                                           | Stokesley Amateur Swim Club 6 – 9pm |                           |   |         |                     |  |  |
| Wednesday                                                   | Lane swim ♦ 6.30 – 9.15am |                                        |      |                              |                             | Aquafit 9.30 – 10.15am |                               | Adult learn to swim 10.30 – 11.15am | General swim ● 11.15am – 12.30pm |                                  | Adult swim ♦ 12.30 – 1.45pm |                             |                              | General swim with inflatable slide 2.15 – 3.15pm |                              |                              | General swim ● 3.45 – 6.45pm |                              |      |                                        | Learn to swim 3.45 – 6.45pm |                             |      |   |                             | Lane swim ♦ 7 – 9pm |                                           |                                     |                           |   |         |                     |  |  |
| Thursday                                                    | Lane swim ♦ 6.30 – 10am   |                                        |      |                              |                             |                        | General swim ● 10am – 12.30pm |                                     |                                  |                                  | Adult swim ♦ 12.30 – 1.30pm |                             | General swim ● 1.30 – 3.30pm |                                                  | Staff training 1.30 – 3.30pm |                              |                              | General Swim ● 3.45 – 6.15pm |      |                                        |                             | Learn to Swim 3.45 – 6.15pm |      |   |                             |                     | Stokesley Amateur Swim Club 6.30 – 8.30pm |                                     | Lane swim ♦ 8.30 – 9.15pm |   |         |                     |  |  |
| Friday                                                      | Lane swim ♦ 6.30 – 8.45am |                                        |      |                              |                             | 50+ ♦ 9 – 10am         |                               |                                     | Aquafit 10.30 – 11.15am          | General swim ● 11.15am – 12.30pm |                             | Adult swim ♦ 12.30 – 1.45pm |                              |                                                  | Accessible swim 2 – 3pm      |                              |                              | General swim ● 3.15 – 8pm    |      |                                        |                             |                             |      |   |                             |                     |                                           | Learn to swim 3.45 – 6.45pm         |                           |   |         | Lane swim ♦ 8 – 9pm |  |  |
| Saturday                                                    |                           | Stokesley Amateur Swim Club 7 – 8.30am |      |                              | General swim ● 8.45am – 2pm |                        |                               |                                     |                                  |                                  |                             |                             |                              |                                                  | Learn to swim 8.45 – 11.45am |                              |                              |                              |      |                                        |                             |                             |      |   |                             |                     |                                           |                                     |                           |   |         |                     |  |  |
| Sunday                                                      |                           |                                        |      | General swim ● 8am – 12.15pm |                             |                        |                               |                                     |                                  |                                  |                             |                             |                              | Family fun 12.30 – 1.30pm                        |                              |                              | Party hire 1.45 – 2.45pm     |                              |      | Stokesley Amateur Swim Club 3 – 5.30pm |                             |                             |      |   |                             |                     |                                           |                                     |                           |   |         |                     |  |  |
|                                                             | 6.30 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 | 9.30 pm |                     |  |  |

**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. Vending machines are available.

**KEY** ♦ Lanes available ● Single lane



# Stokesley Leisure and Wellbeing Hub Programme

Summer Holidays – Monday 20th July to Sunday 6th September

## Small pool

|                                                                   | 6.30<br>am | 7 | 7.30 | 8 | 8.30 | 9 | 9.30 | 10 | 10.30 | 11 | 11.30 | 12<br>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 | 9.30<br>pm |
|-------------------------------------------------------------------|------------|---|------|---|------|---|------|----|-------|----|-------|------------|-------|---|------|---|------|---|------|---|------|---|------|---|------|---|------|---|------|---|------------|
| Monday<br>(31st August pool<br>opening times:<br>12noon – 6.45pm) |            |   |      |   |      |   |      |    |       |    |       |            |       |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |            |
| Tuesday                                                           |            |   |      |   |      |   |      |    |       |    |       |            |       |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |            |
| Wednesday                                                         |            |   |      |   |      |   |      |    |       |    |       |            |       |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |            |
| Thursday                                                          |            |   |      |   |      |   |      |    |       |    |       |            |       |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |            |
| Friday                                                            |            |   |      |   |      |   |      |    |       |    |       |            |       |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |            |
| Saturday                                                          |            |   |      |   |      |   |      |    |       |    |       |            |       |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |            |
| Sunday                                                            |            |   |      |   |      |   |      |    |       |    |       |            |       |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |      |   |            |

**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): Small pool 29°C – 31°C. All sessions are inclusive of any changeover time required. Vending machines are available.

**KEY** ♦ Lanes available ● Single lane

