

Bedale Leisure and Wellbeing Hub Programme

From Monday 5th October 2026

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		Lane Swim 6.45 – 9.15am					General Swim ● 9.15 – 11.15am					Aquafit 11.30am – 12.15pm		Lane Swim 12.30 – 1.30pm	School swimming 1.30 – 2.30pm	General Swim ● 2.30 – 3.45pm			Learn to Swim 3.45 – 5.45pm				General Swim 5.15 – 6pm			Aquafit 6.15 – 7pm		Lane Swim 7.15 – 8.45pm		
			Lane Swim 7 – 9.15am					General Swim ● 9.15 – 11.15am					Aquafit 11.30am – 12.15pm		Lane Swim 12.30 – 1.30pm	Closed Staff Training 1.30 – 4pm				Relaxed Swim 4 – 5pm		General Swim ● 5 – 6.30pm			Lane Swim 6.30 – 7.30pm		NASC 7.30 – 9pm			
Wednesday		Lane Swim 7 – 9.15am					Mini Splash Time 9.15 – 10.15am		General Swim ● 10.15am – 12.30pm					Lane Swim 12.30 – 1.30pm		Hydrofit 1.45 – 2.30pm	Aquafit 2.45 – 3.30pm			Learn to Swim 4 – 5.30pm				Fun & Floats 5.30 – 6.45pm		General Swim ● 6.45 – 8pm			Lane Swim 8 – 9pm	
Thursday				Lane Swim 8.30 – 9.45am			Pre School Lessons 9.45 – 11.15am			Aquafit 11.30am – 12.15pm		Lane Swim 12.30 – 1.30pm	General Swim 1.30 – 4pm				Learn to Swim 4 – 6.45pm				General Swim 5.45 – 6.45pm		NASC 6.45 – 8.15pm			Lane Swim 8.15 – 9pm				
Friday		Lane Swim 7 – 9.15am						School Swimming 9.30am – 12.30pm						Lane Swim 12.30 – 1.30pm	Accessible Swim 1.30 – 2.30pm		General Swim 2.30 – 4pm			Learn to Swim 4 – 5.45pm			General Swim ● 5.45 – 6.45pm			Aquafit 7 – 7.45pm				
Saturday				Lane Swim 8 – 9am		Learn to Swim 9am – 12.30pm							General Swim 12noon – 12.45pm																	
Sunday				Lane Swim 8 – 9am		Family Fun 9 – 10am		Fun & Floats 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

Accessible Swim

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

Adult Learn to Swim

Our Adult Learn to Swim sessions provide a friendly and encouraging space for beginners and improvers to gain confidence in the water, learn new skills, and progress comfortably.

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.

Family Swim

Designed for all ages offering a safe, welcoming environment where families can enjoy the water together. These sessions are a perfect opportunity to have fun, relax and stay active as a family.

Fun & Floats

This is a fun play session for children and adults accompanying children. The session includes large floats, balls and toys in the water to play with.

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.

Lanes Swim

Lane swimming sessions offer a calm and structured setting, allowing swimmers of all abilities to enjoy uninterrupted lengths at their own pace. Designed for those aged 12+.

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.

Mini Splash Time

Pre-school swim with toys sessions offers a fun, safe environment for young children to play, build confidence, and enjoy the water.

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 for more information.

Preschool Learn to Swim

Pre-school lessons offer a safe, fun setting for young children to build confidence, develop early skills, and enjoy the water.

Relaxed Swim

A gentle, relaxed swim session for older adults, providing a quiet and comfortable setting ideal for light exercise and well-being.

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.