

## ADULT SWIMMING LESSONS

It's never too late to learn to swim in a relaxed environment. For beginners we have the Small Pool with progression to the Main Pool for intermediate and advanced groups.

All lessons are 30 minutes.

<b>Monday</b>	<b>9.00 - 10.30am</b> <b>(9.30 - 10.00am Beginners)</b>
<b>Wednesday</b>	<b>8.15 - 9.15pm</b>

## AQUATONE

A low impact exercise class that uses the resistance of the water to improve the overall fitness and muscle tone. All classes are 30 minutes.

Please book at Reception for these classes.

<b>Monday</b>	<b>10.30 - 11.00am</b>
<b>Tuesday</b>	<b>7.00 - 7.30pm / 7.30 - 8.00pm</b>
<b>Wednesday</b>	<b>11.00 - 11.30am</b>

## AQUA NATAL

Gentle exercise in water for mums to be and new mums. (Please check with your GP before exercising during pregnancy). Class duration 60 minutes.

<b>Tuesday</b>	<b>6.00 - 7.00pm</b>
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## HALTEMPRICE DOLPHINS DISABLED CLUB

A social club for people of all ages with disabilities. Special arrangements are made for swimmers and helpers. Contact David Green on 01482 561775 for further details.

<b>Thursday</b>	<b>7.30 - 9.00pm</b>
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## INFLATABLE SESSIONS

### Aqua Run

The fun, the challenge, the excitement. An ideal session for children.

<b>Sunday</b>	<b>2.00 - 3.00pm (Main Pool).</b>
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Extra sessions are available during School Holidays.



## EAST RIDING LEARN TO SWIM LESSONS

Haltemprice Leisure Centre offers Learn to Swim Lessons, open to all from 9 months to adults, beginners to advanced. Friendly atmosphere, qualified instructors. Please see our Swimming Lesson brochure for further details.

## POOL OPENING TIMES

<b>Monday</b>	<b>7.30am - 10.15pm</b>
<b>Tuesday</b>	<b>7.30am - 10.15pm</b>
<b>Wednesday</b>	<b>7.30am - 10.15pm</b>
<b>Thursday</b>	<b>7.30am - 3.55pm</b>
<b>Friday</b>	<b>7.30am - 7.30pm &amp; 9.00pm - 10.15pm</b>
<b>Saturday</b>	<b>9.00am - 8.00pm</b>
<b>Sunday</b>	<b>9.00am - 7.00pm</b>

## ADMISSIONS POLICY

All children under the age of 8 must be supervised at all times during their visit by an adult in the water with them, an adult is a person who is aged 16 or over.

In the learner pool an adult can supervise up to 2 children under the age of 8 at any one time.

In the main pool an adult can supervise 1 child under the age of 4 or up to 2 children aged between 4 and 7 years old.

## PUBLIC TRANSPORT

East Yorkshire Bus No 154 stops outside the facility. For timetable and more information visit their website at [www.eyms.co.uk](http://www.eyms.co.uk)

East Riding of Yorkshire Council will, on request, provide this document in Braille or large print. If English is not your first language and you would like a translation of this document, please telephone 01482 393939.

Haltemprice Leisure Centre Springfield Way Anlaby HU10 6QJ  
Telephone: 01482 652501 Fax: 01482 650577

[www.haltempriceleisurecentre.co.uk](http://www.haltempriceleisurecentre.co.uk)

# Haltemprice Leisure Centre

## Swimming Programme



**EAST RIDING**  
OF YORKSHIRE COUNCIL

# SWIMMING

At the heart of every successful leisure centre is the swimming pool - come along and enjoy yourself. Haltemprice Leisure Centre has a 12.5m Teaching Pool and a 25m, 6 lane Large Pool, with a programme which aims to cater for everyone's needs. Swimming conditions are maintained to the highest standards with the Large Pool temperature maintained at 29 - 30°C and the Teaching Pool at 30 - 31°C.

Swimming Lessons are available for adults, children and mums & tots, further information is available from Reception.

## EARLY BIRDS

An adult only session to make you feel fit, toned, alert and ready for the day ahead.

**Monday to Friday 7.30 - 9.00am**

## ADULT ONLY EVENING SESSION

For adults who wish to relax away from the stresses of everyday life. A swimming lane is available during these sessions.

**Monday, Tuesday and Wednesday 9.15 - 10.15pm**  
**Friday 9.00 - 10.15pm**

## ADULT ONLY SWIMMING LANES

For those swimming seriously for fitness or toning, a wide lane is provided to enable you to swim lengths uninterrupted.

**Monday to Friday 12.00 - 1.30pm**  
**Saturday 6.00 - 8.00pm**

## SWIM 4 FITNESS

Swim4fitness has 4 levels of varying intensities. The programmes are designed to suit your lifestyle whether you swim for fun, fitness or sport. [www.swim4fitness.com](http://www.swim4fitness.com)



Please note the advertised programme could alter at any time, please check with Reception.

# TERM TIME POOL PROGRAMME

(Separate Holiday time table please contact reception)

## LARGE POOL

School swimming does occur during term time but will only use part of the pool.

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30		
MONDAY	Early Bird Adult Only		Adult Lessons				Aqua Tone				Lane Swimming		Staff Training		Fit at 50		Swimming Lessons													Adult Only	
TUESDAY	Early Bird Adult Only									Lane Swimming						Fit at 50				Swimming Lessons										Adult Only	
WEDNESDAY	Early Bird Adult Only		Swim 4 fitness					Aqua Tone			Lane Swimming								Swimming Lessons										Adult Lessons	Adult Only	
THURSDAY	Early Bird Adult Only									Lane Swimming						Fit at 50		Swimming Lessons									Haltemprice Dolphins		Staff Training NPLQ Training		
FRIDAY	Early Bird Adult Only									Lane Swimming										Swimming Lessons								Maxi Fun		Adult Only	
SATURDAY		Swimming Lessons		Swimming Lessons																			Lane Swimming								
SUNDAY														Aqua Run												Dive Club					

## TEACHING POOL

School swimming does occur during term time but will only use part of the pool.

	7.30	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	9.00	9.30			
MONDAY					Adult Lessons								Swimming Lessons						Swimming Lessons													
TUESDAY																			Swimming Lessons													
WEDNESDAY													Swimming Lessons						Swimming Lessons										Adult Lessons			
THURSDAY																			Swimming Lessons								Haltemprice Dolphins		Staff Training NPLQ Training			
FRIDAY													Swimming Lessons						Swimming Lessons										Maxi Fun			
SATURDAY		Swimming Lessons																														
SUNDAY														Fun Session													Dive Club					

Pool closed Pool open for public swimming