

## 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 - 10.30am</b> <b>(9.30 - 10am Beginners)</b>
<b>Wednesday</b>	<b>8.15 - 9.15pm</b>

## AQUA TONE

A low impact exercise class that uses the resistance of the water to improve overall fitness and muscle tone.

Please book at Reception for these classes.

<b>Monday</b>	<b>10.30 - 11am</b>
<b>Tuesday</b>	<b>7 - 7.45pm</b>
<b>Wednesday</b>	<b>11 - 11.45am</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 45 minutes.

<b>Tuesday</b>	<b>6 - 6.45pm</b>
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## AQUA JOG AND CIRCUITS

Aqua jog is performed in water deep enough to stop your feet hitting the bottom. Jogging mixed up with a circuit style session, based on a range of activities and movements performed at different stations. Suitable for all ages and abilities.

<b>Friday</b>	<b>11.30am - 12.15pm</b>
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## HALTEMPRICE DOLPHINS

A social club for people of all ages with disabilities. Special arrangements are made for swimmers and helpers.

The club has exclusive use of the swimming pools which is staffed by qualified lifeguards.

Contact David Green on (01482) 561775 for further details.

<b>Thursday</b>	<b>7.30 - 9pm</b>
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## MAXI FUN

The Maxi Fun club is a self help club where disabled children can enjoy leisure time with their family. This group is organised and subsidised but not supervised, so each child is the responsibility of an accompanying adult.

The club has exclusive use of the swimming pools which are staffed by qualified lifeguards.

<b>Friday</b>	<b>7.30 - 9pm</b>
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Please contact Sally on (01482) 642570 for further details.

## INFLATABLE SESSIONS

### Aqua Run

This fun and exciting inflatable session is suitable for children so come and take the challenge.

**Sunday 2 - 3.15pm (Main Pool).**

Extra sessions are available during School Holidays.

## EAST RIDING LEARN TO SWIM LESSONS

Swimming lessons are available from 4 months to adults. It's never too late to learn! For further information please refer to the swimming lesson information leaflet.

## 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; 9pm - 10.15pm</b>
<b>Saturday</b>	<b>9am - 8pm</b>
<b>Sunday</b>	<b>9am - 7pm</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)

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# Haltemprice Leisure Centre

## Swimming Programme



**EAST RIDING**  
OF YORKSHIRE COUNCIL

# SWIMMING

Swimming is a low impact sport that helps to keep the body fit and healthy. It is a skill that could save your life!

Haltemprice Leisure Centre has a 12.5m teaching pool and a 25m, 6 lane large pool, with a varied programme aiming 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 - 9am**

## 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 - 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 12noon - 1.30pm**  
**Saturday 6 - 8pm**

## 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

## 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								Aqua Jog	Lane Swimming										Swimming Lessons							Maxi Fun		Adult Only		
SATURDAY		Swimming Lessons		Swimming Lessons																	Pool Party		Lane Swimming								
SUNDAY														Aqua Run																	

## 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		Aqua Babes						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																				Pool Party										
SUNDAY														Fun Session																		

Pool closed

Pool open for public swimming