SWIMMING POOL TIMETABLES

TERM TIME PROGRAMME

6.00am 6.30am 7.00am 7.30am 8.00am 8.30am 9.00am 9.30am 10.00am 10.30am 11.00am 11.30am 12.00pm 12.30pm 1.00pm 1.30pm 2.00pm 2.30pm 3.00pm 3.30pm 4.00pm 4.30pm 5.00pm 5.30pm 6.00pm 6.30pm 7.00pm 7.30pm 8.00pm 8.30pm 9.00pm 9.30pm 10.00pm

MAIN POOL	MONDAY	LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 11.30am); LANE SWIM 50+ (11.30am - 12pm); LANE SWIM (12pm -1pm); SCHOOLS (1pm - 3pm); STAFF TRAINING (3pm - 4pm); GENERAL SWIM (4pm - 7.30pm); SWIMMING CLUBS (7pm - 9pm)
TEACHING POOL	MONDAY	GENERAL SWIM (9am - 11am); AQUA BABES; AQUA TOTS; HYDRO DANCE (12pm-1pm); SCHOOLS (1pm - 3pm); DLS (3pm - 3.45pm); LEARN 2 SWIM (4pm - 7.30pm); ADULT BEG (7.30pm - 8.30pm); HYDRO JOG (8.30pm - 9.15pm)
MAIN POOL	TUESDAY	LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 11am); LADIES ONLY SWIM (11am - 12pm); LANE SWIM (12pm - 1pm); SCHOOLS (1pm - 3pm); GENERAL SWIM (3pm - 7.30pm); HYDRO DANCE (7.30pm - 8.30pm); LANE SWIM (8.30pm - 9.30pm)
TEACHING POOL	TUESDAY	GENERAL SWIM (9am - 10am); B'LANSO; HYDRO AEROBICS (10.30am - 11.30am); HYDRO JOG; DISABLED LEISURE 12.15pm-1pm; SCHOOLS (1pm - 3pm); GENERAL SWIM (3pm - 4pm); LEARN 2 SWIM (4pm - 7.30pm)
MAIN POOL	WEDNESDAY	SWIMMING CLUBS; LANE SWIM (6.15am - 9am); SCHOOLS (9am - 11.30am); LANE SWIM 50+ (11.30am - 12pm); LANE SWIM (12pm - 1pm); GENERAL SWIM (1pm - 6pm); SWIMMING CLUBS (6pm - 8pm); LANE SWIM (8pm - 9.30pm)
TEACHING POOL	WEDNESDAY	SCHOOLS (9am - 11.30pm); TOTS LEARN 2 SWIM; S.C.A.D (12pm-1pm); AQUA BABES; AQUA TOTS; GENERAL SWIM (2pm - 4pm); LEARN 2 SWIM (4pm - 7pm); MINI POLO (7pm - 8pm); HYDRO FIT (8pm-8.45pm)
MAIN POOL	THURSDAY	LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 12pm); LANE SWIM (12pm - 1pm); SCHOOLS (1pm - 3pm); GENERAL SWIM (3pm - 7pm); SWIMMING CLUBS (7pm - 8.30pm); CR. ENERGY; LANE SWIM (8.30pm - 9.30pm)
TEACHING POOL	THURSDAY	GENERAL SWIM (9am - 12pm); DISABLED LEISURE (12pm - 1pm); SCHOOLS (1pm - 2.30pm); TOTS LEARN 2 SWIM; GENERAL SWIM (3pm - 4pm); LEARN 2 SWIM (4pm - 7.30pm); ADULT IMP (7.30pm - 8.30pm); HYDRO BOX (8.30pm - 9.15pm)
MAIN POOL	FRIDAY	SWIMMING CLUBS; LANE SWIM (6.15am - 9am); SCHOOLS (9am - 11.30am); LANE SWIM 50+ (11.30am - 12pm); LANE SWIM (12pm - 1pm); GENERAL SWIM (1pm - 8pm); SWIMMING CLUBS (8pm - 9.30pm); LANE SWIM (8pm - 9.30pm)
TEACHING POOL	FRIDAY	SCHOOLS (9am - 11.30am); TOTS LEARN 2 SWIM; HYDRO AEROBICS (12pm - 1pm); GENERAL SWIM (1pm - 4pm); LEARN 2 SWIM (4.00pm - 7.00pm); HYDRO KIDZ (7pm-7.45pm); HYDRO JOG (7.45pm-8.30pm)
MAIN POOL	SATURDAY	SWIM CLUBS (8am - 10am); CRAVEN ENERGY (8am - 10am); GENERAL SWIM (10am - 1pm); ELIMINATOR (INFLATABLE SESSION) (1pm - 3pm); GENERAL SWIM (3pm - 4pm); SWIMMING CLUBS (4pm - 6pm); INFLATABLE AVAILABLE FOR PRIVATE HIRE (6pm - 8pm)
TEACHING POOL	SATURDAY	LEARN 2 SWIM (9am - 12pm); GENERAL SWIM (12pm - 3pm); PARTY HIRE; PARTY HIRE
MAIN POOL	SUNDAY	LANE SWIM (9am - 10am); GENERAL SWIM (10am - 4pm); SWIMMING CLUBS; LANE SWIM (4pm - 5.30pm); INFLATABLE AVAILABLE FOR PRIVATE HIRE (6pm - 8pm)
TEACHING POOL	SUNDAY	GENERAL SWIM (9am - 4pm)

KEY
- Public Session
- Booking is required
- Private Hire

Valid from 5th September 2011

HOLIDAY PROGRAMME

6.00am 6.30am 7.00am 7.30am 8.00am 8.30am 9.00am 9.30am 10.00am 10.30am 11.00am 11.30am 12.00pm 12.30pm 1.00pm 1.30pm 2.00pm 2.30pm 3.00pm 3.30pm 4.00pm 4.30pm 5.00pm 5.30pm 6.00pm 6.30pm 7.00pm 7.30pm 8.00pm 8.30pm 9.00pm 9.30pm 10.00pm

MAIN POOL	MONDAY	LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 11.30pm); LANE SWIM 50+ (11.30am - 12pm); LANE SWIM (12pm -1pm); GENERAL SWIM (1pm - 7.30pm); SWIMMING CLUBS (7.30pm - 9.45pm)
TEACHING POOL	MONDAY	GENERAL SWIM (9am - 12am); HYDRO DANCE (12pm-1pm); GENERAL SWIM (1pm - 4pm); LEARN 2 SWIM (4pm - 7.30pm); ADULT BEG (7.30pm - 8.30pm); HYDRO JOG (8.30pm - 9.15pm)
MAIN POOL	TUESDAY	LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 12am); LANE SWIM (12pm - 1pm); ELIMINATOR (INFLATABLE SESSION) (1pm - 3pm); GENERAL SWIM (3pm - 7.30pm); HYDRO DANCE (7.30pm - 8.30pm); LANE SWIM (8.30pm - 9.30pm)
TEACHING POOL	TUESDAY	GENERAL SWIM (9am - 10.30am); HYDRO AEROBICS (10.30am - 11.30am); HYDRO JOG; DISABLED LEISURE 12.15pm-1pm; GENERAL SWIM (1pm - 4pm); LEARN 2 SWIM (4pm - 7.30pm)
MAIN POOL	WEDNESDAY	SWIMMING CLUB PRIVATE HIRE; LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 11.30am); LANE SWIM 50+ (11.30am - 12pm); LANE SWIM (12pm - 1pm); GENERAL SWIM (1pm - 6pm); SWIMMING CLUBS (6pm - 8pm); LANE SWIM (8pm - 9.30pm)
TEACHING POOL	WEDNESDAY	GENERAL SWIM (9am - 12pm); S.C.A.D (12pm -1pm); GENERAL SWIM (1pm - 4pm); LEARN 2 SWIM (4pm - 7pm); MINI POLO (7pm - 8pm); HYDRO FIT (8pm-8.45pm)
MAIN POOL	THURSDAY	LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 12pm); LANE SWIM (12pm - 1pm); ELIMINATOR (INFLATABLE SESSION) (1pm - 3pm); GENERAL SWIM (3pm - 7pm); SWIMMING CLUBS (7pm - 8.30pm); CR. ENERGY; LANE SWIM (8.30pm - 9.30pm)
TEACHING POOL	THURSDAY	GENERAL SWIM (9am - 12pm); DISABLED LEISURE (12pm - 1pm); GENERAL SWIM (1pm - 4pm); LEARN 2 SWIM (4pm - 7.30pm); ADULT IMP (7.30pm - 8.30pm); HYDRO BOX (8.30pm - 9.15pm)
MAIN POOL	FRIDAY	SWIMMING CLUB PRIVATE HIRE; LANE SWIM (6.15am - 9am); GENERAL SWIM (9am - 11.30am); LANE SWIM 50+ (11.30am - 12pm); LANE SWIM (12pm - 1pm); GENERAL SWIM (1pm - 8pm); SWIMMING CLUBS; LANE SWIM (8pm - 9.30pm)
TEACHING POOL	FRIDAY	GENERAL SWIM (9am - 12pm); HYDRO AEROBICS (12pm - 1pm); GENERAL SWIM (1pm - 4pm); LEARN 2 SWIM (4pm - 7pm); HYDRO KIDZ (7pm-7.45pm); HYDRO JOG (7.45pm-8.30pm)
MAIN POOL	SATURDAY	SWIM CLUBS (8am - 10am); CRAVEN ENERGY (8am - 10am); GENERAL SWIM (10am - 1pm); ELIMINATOR (INFLATABLE SESSION) (1pm - 3pm); GENERAL SWIM (3pm - 4pm); SWIMMING CLUBS (4pm - 6pm); INFLATABLE AVAILABLE FOR PRIVATE HIRE (6pm - 8pm)
TEACHING POOL	SATURDAY	LEARN 2 SWIM (9am - 12pm); GENERAL SWIM (12pm - 3pm); PARTY HIRE; PARTY HIRE
MAIN POOL	SUNDAY	LANE SWIM (9am - 10am); GENERAL SWIM (10am - 4pm); SWIMMING CLUB PRIVATE HIRE; LANE SWIM (4pm - 5.30pm); INFLATABLE AVAILABLE FOR PRIVATE HIRE (6pm - 8pm)
TEACHING POOL	SUNDAY	GENERAL SWIM (9am - 4pm)

KEY
- Public Session
- Booking is required
- Private Hire

Valid from 5th September 2011

All Hydro Classes need to be booked at reception.

Hydro Dance: A fun fitness workout incorporating both modern and traditional dances. (latin, modern. ballroom and rumba.) This class is suitable for non-swimmers. **Hydro Jog:** A fitness and conditioning class with zero impact and all the benefits of jogging. **Hydro Fit:** A fast and furious workout getting you in peak condition. **Hydro Box:** Punch and kick your way into shape like never before. **Hydro Kidz:** For children aged 8-12 years. A fun exercise class in water. **Babes:** An ideal opportunity for parent and baby to develop water confidence ina fun, enjoyable and relaxing environment. **Tots:** For children aged 2 years and upwards. An ideal intoduction for both parents and children in swimming. Developing their own confidence and independence. **Tots L2S:** For children aged 3 years. Children are accompanied by the teacher in the water. Preparing children for the learn2swim programme. This class is run over a block period. **Learn2Swim:** swimming lessons for children aged 4 years and over from beginners to advanced. **Adult Beginners:** Overcome your fears and learn2swim in a warm and friendly environment. **Adult Improvers:** a class to help you learn new skills and techniques. **For further information or to book on any of the above courses please ask at reception.**

NOTES: We cannot always guarantee that a lane will be in the pool for all swimming sessions. During busy periods we reserve the right to remove lanes during general swims
NOTES: DLS swim is an open swim for disabled swimmers and their assistants. It is not a private session and 3 sessions can only be offered during school term time
NOTES: Learn 2 Swim is on Monday to Friday from 4pm until 7.30pm and Saturday mornings, please enquire at reception for details
NOTES: During bank holidays we are generally open from 9.30am until 4.30pm for general swimming only. We do not have any lane swims during this period

Tel. 01756 792805
Email: csp&fc@cravendc.gov.uk

RECEPTION OPENING TIMES
Weekdays 6.15am - 9.30pm
Saturday & Sunday 9am - 5pm

CRAVEN DISTRICT

CRAVEN swimming pool & fitness centre