

TRAINING AND COURSES

Our pool is used for staff training and various courses throughout the year during public sessions, please be prepared for a part of the pool to be sectioned off at any time for other activities not detailed on this programme.

OVER 60'S SWIM

A chance to swim regularly, maintain your health at a reduced price. Contact Reception for available times. School swimming may also be in operation on a Tuesday and a Friday, a lane will be provided to accommodate both school swimming and over 60's swimming.

Monday	11.00am - 12noon
Tuesdays	3.00pm - 4.00pm
Wednesdays	3.00pm - 4.00pm
Thursdays	12noon - 1.00pm
Fridays	12noon - 1.00pm

AQUA DISCO

Great fun for 8 to 14 year olds. Fun session to music.

Thursday	6.30pm - 7.30pm
-----------------	------------------------

EAST RIDING LEARN TO SWIM

Hornsea Leisure Centre offers learn to swim Lessons to all from 3 years to adults, beginners to advanced. Friendly atmosphere, small classes, qualified instructors. Please ask at reception for further details.

SCHOOL SWIMMING DURING SEPTEMBER - NOVEMBER TERM TIME ONLY

School swimming is timetabled for a Tuesday and a Friday, there will be a lane (or a part of the pool) open to the public during this time, but it is advised to avoid school swimming.

PROGRAMME CHANGES DURING SCHOOL HOLIDAYS

Please note that during school holidays half the pool will be used for lifeguard courses or water based activities. Family Fun Time is programmed in the school holidays on:

Tuesday & Friday	1.30pm - 2.30pm.
-----------------------------	-------------------------



DISABLED FACILITIES

For our customers with special needs we have some of the finest facilities around including Deck level pool, ramped access into pool, specially adopted showers, toilets and changing facilities.

KEEPING YOU SAFE

All our lifeguards are trained to the highest Standards by the Royal Life Saving Society.

They are there for your safety and enjoyment.

Please follow lifeguards instructions at all times.

ADMISSIONS POLICY

Children under 8 years of age must be accompanied throughout their time in the swimming pool by a responsible person aged 16 years or older. Children under four years must be supervised on a one child to one adult basis in the main pool. Children under four years can be supervised on a two child to one adult basis if utilising the training pool only.

Children under 8 can pass a competency test Allowing the parent to supervise one additional under 8 in the pool at any time. Further details are available from Reception.

CUSTOMER FEEDBACK

Please tell us what you think of our facilities, programme and quality of service, so we may continue to improve our service to you.

You may pass your comments to us by informing a member of staff at reception.

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.

Hornsea Leisure Centre Broadway Hornsea HU18 IPZ
Tel: 01964 533366 Fax: 01964 536586

www.hornsealeisurecentre.co.uk

PD00306

Hornsea 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. Hornsea Leisure Centre has a 25m, 4 lane pool with a linked shallow water Trainer Pool, which aims to cater for everyone's needs. Swimming conditions are maintained to the highest standards with the pool water temperature maintained at 30-31 C. There is a coin operated locker system for which you will need a 50p coin (refundable).

Swimming lessons are offered for adults, children, parent and toddler; further information available from Reception. The pool aims to provide a balanced programme to meet the needs of all our consumer groups. Sessions include: Early morning swimming aimed at those wishing to maintain fitness and continuous swimming.

EARLY RISERS

Monday to Friday 7.00 - 9.00am

ADULTS ONLY

For adults who wish to relax away from the stresses of everyday life.

Mondays to Thursdays 9.00pm - 9.45pm
Fridays and Sundays 8.00pm - 8.45pm

A ladies only session is also available.

Wednesday 8.00pm - 9.00pm

(this session is for ladies over 16 years and the main pool is shared with Aqua Tone)

AQUA TONE

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

Monday 2.15pm - 3.15pm
Wednesday 11.00am - 12.00noon & 8.00pm - 9.00pm
Thursday 10.30am - 11.30am

SWIM FIT

An instructor led swimming session for adults to improve your swimming ability and fitness.


Wednesday 9.00am - 9.45am
9.45am - 10.45am

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

POOL PROGRAMME

2008/2009

		7.00	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				
MON	Training Pool	Early Morning Swimming								Water Babies						Aqua Fit				Swimming Lessons														Adults Only	
	Main Pool	Early Morning Swimming									Over 60s						Aqua Fit				Swimming Lessons				Swimming Lessons ONE LANE OPEN FOR PUBLIC SWIMMING										Adults Only
TUE	Training Pool	Early Morning Swimming				School Swimming Lessons*								School Swimming Lessons*						Swimming Lessons														Adults Only	
	Main Pool	Early Morning Swimming				School Swimming Lessons*							Aquajog			School Swimming Lessons*						Over 60s		Swimming Lessons				Swimming Club							Adults Only
WED	Training Pool	Early Morning Swimming																			Swimming Lessons													Aqua Fit (Ladies only)	Adults Only
	Main Pool	Early Morning Swimming				PART OF POOL OPEN FOR THE PUBLIC Swim Fit						Aqua Fit		Aquajog									Swimming Lessons											Aqua Fit (Ladies only)	Adults Only
THUR	Training Pool	Early Morning Swimming								Aqua Fit		Swimming Lessons										Swimming Lessons											Aqua Disco		Adults Only
	Main Pool	Early Morning Swimming								Aqua Fit		Over 60s											Swimming Lessons										Aqua Disco	ONE LANE OPEN FOR PUBLIC SWIMMING Swimming Club	
FRI	Training Pool	Early Morning Swimming				School Swimming Lessons*								School Swimming Lessons*							Swimming Lessons													Adults Only	
	Main Pool	Early Morning Swimming								Aquajog	PART OF POOL OPEN FOR THE PUBLIC		Over 60s				PART OF POOL OPEN FOR THE PUBLIC					Swimming Lessons				PART OF POOL OPEN FOR THE PUBLIC									
SAT	Training Pool					Swimming Lessons																												Courses & Training	
	Main Pool					Swimming Lessons																													
SUN	Training Pool																																	Adults Only	
	Main Pool																																	Adults Only	

 Pool closed during school holidays.

 Pool open for public swimming

* September - November term time only

Please see information on programme changes

AQUAJOGGING

Aquajogging is a water based aerobic activity, ideal for GP referrals, cardiac rehab and Healthy Lifestyle customers, it is organised by the Tone Zone team under the Swim for Health promotion - see a gym instructor for more information.

