

# SCHOOL HOLIDAYS PROGRAMME

Programme times may vary due to additional bookings.

		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	Main	Fitness Swim																		Lessons			Clubs		Adult Lessons	Aqua Fit	Lane Swim			
	Learner	Lessons																		Lessons										
	Wave	AquaFit																		Lessons										
TUES	Main	Fitness Swim																		Aquanatal		Adults Only								
	Learner	Lessons																												
	Wave																													
WED	Main	Fitness Swim																		Lessons			Clubs		Lane Swimming					
	Learner	Lessons																		Lessons										
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THURS	Main	Fitness Swim																					Adults Only							
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	Wave																													
FRI	Main	Fitness Swim																		Pool Inflatable		Clubs								
	Learner	Lessons																												
	Wave	AquaFit																												
SAT	Main	Fitness Swim		Lessons																				Available for private hire						
	Learner	Lessons																				Available for private hire								
	Wave																			Available for private hire										
SUN	Main	Clubs		Fitness Swim		Family Session																				Available for private hire				
	Learner	Clubs		Lessons		Family Session																				Available for private hire				
	Wave			Lessons		Family Session																				Available for private hire				

Please note that Leisure World operates the School Holiday Programme in accordance with East Riding of Yorkshire School Holidays which may differ to other education authorities.

## WAVES & SLIDES

Enjoy the excitement of the waves and slides, watch out for the tropical rainstorm!

## AQUAFIT/AQUA-ROBICS & DEEP WATER AQUAFIT

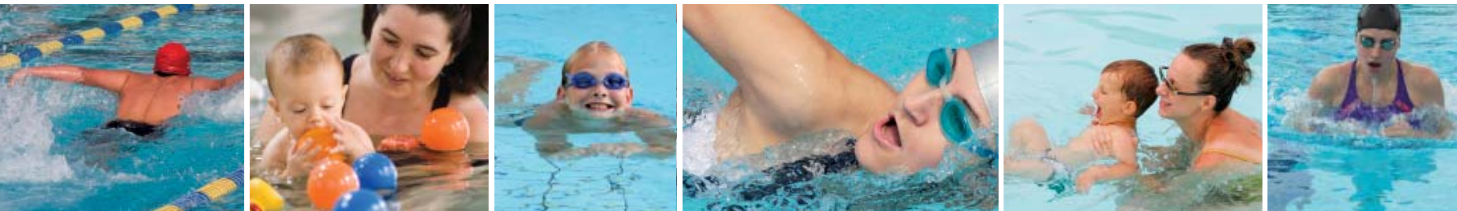
The same as an aerobics class, only in water! Enjoy the exercises and fun music with the benefit of little impact on your joints.

## AQUANATAL SESSIONS

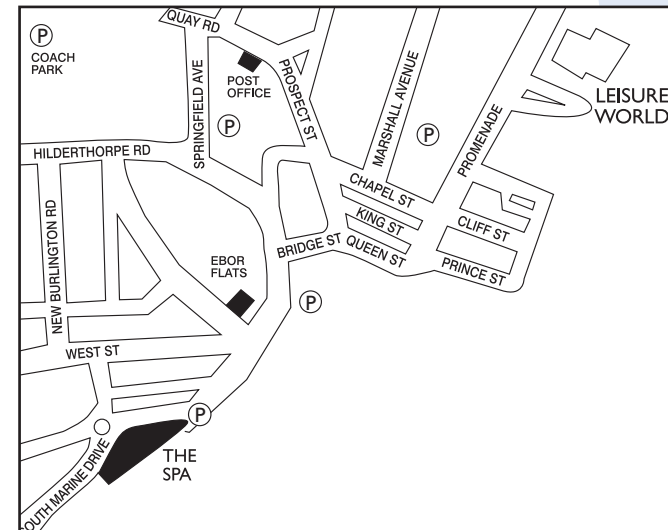
For all those mums to be, gentle exercises in water with little impact on the body. Mums to be and babies both benefit! Sessions held Tuesday evenings in conjunction with Adults Only Swimming.

## BRIDLINGTON AMATEUR SWIMMING CLUB

For the more competitive swimmers amongst us! Club sessions are held Monday, Wednesday and Friday evenings, Sunday mornings.



## LOCATION



## ADMISSIONS POLICY

Children under 8 years of age must be accompanied in the water at all times by a responsible person over 16 years of age. That person shall not be allowed to supervise more than 2 children under the age of 8 years.

## CUSTOMER FEEDBACK

Please tell us what you think of our facilities, programme and quality of service, so that we may continue to improve our service to you. You may pass your comments to us by informing a member of staff or completing an ERYC Comments, Complaints and Suggestions form available from 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.

Bridlington Leisure World The Promenade Bridlington YO15 2QQ  
Telephone: 01262 606715 Fax: 01262 673458

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

# Bridlington Leisure World

## Swimming Programme



**EAST RIDING**  
OF YORKSHIRE COUNCIL

# SWIMMING

At the heart of every successful leisure centre is the swimming pool. Come along to Leisure World and enjoy the choice of three swimming pools for yourself.

The main swimming pool, 25m in length is ideal for those swimmers wanting a traditional swim and also for clubs and competitions. The children's swimming pool is popular with families and young children, where as the wave pool is the main attraction for fun and enjoyment. Designed with a beach end effect for easy access and with maximum depth of 1m, the wave pool is ideal for everyone. The popular wave machine and exciting flumes make your visit all the more pleasurable!

The swimming programme is designed to offer a balanced timetable to meet the needs of all our customers. Sessions include the following –

## FITNESS SWIMMING

Early morning swimming aimed to those wishing to maintain fitness and continuous swimming.

## LADIES ONLY

A swimming session just for the ladies, held Wednesday mornings during Term Time in the wave pool.

## OVER 60'S SWIM

A chance to swim regularly, maintain your health at a reduced price. Monday to Friday 7.30am - 9.00am and 1.00pm - 2.30pm

## ADULTS ONLY

Evening swims away from the kids & chaos, held Tuesday and Thursday evenings 7pm to 10pm.

## PUBLIC SWIMMING

Public swimming available throughout the week.

## LANE SWIMMING

A laned swimming session for those who wish to maintain fitness. Monday evenings 8.30pm to 10pm shared use with deep water Aquafit and Wednesday evenings.

## POOL INFLATABLE

Can you complete the inflatable assault course? Friday evening 5.30pm to 6.30pm over 8's only and Sunday morning 10.30am to 11.30am during the Family session for our younger adventurers.

## EAST RIDING SWIM SCHOOL

Bridlington Leisure World offers the Swim School programme available for children as young as 3 years old to adults. See the centres Swimming Lesson Leaflet for more information.

## SCHOOL EDUCATION SWIMMING LESSONS

At certain times throughout the year, school swimming lessons will take place in the main and learner swimming pools. For specific times please see Term Time Pool Programme January to July.

## POOL PARTIES

You can exclusively hire the swimming pools with the popular wave machine and flumes or pool inflatable for a swimming pool party. Alternatively join in with an existing public session, the choice is yours. For further details please contact reception.

## CARIBBEAN CLUB

Why not combine your swim with a relaxing Sauna and Steam room or just gazing over the view of Bridlington Bay. The Caribbean club is open at all times when the pools are open.

## GENTS ONLY

A swimming session just for the gents, held Friday mornings during Term Time in the wave pool.

## TERM TIME ( January - July )

Programme times may vary due to additional bookings.

		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
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	Learner	School Lessons						Lessons																						
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## TERM TIME ( September - December )

Programme times may vary due to additional bookings.

		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
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■ Pool closed □ Pool open for public swimming

