



HEWORTH LEISURE CENTRE - Pool Programme

Applies from 03/05/22. Subject to change.

Turn up and swim, no booking required

Lane swim, pre-booking advised but space usually available to turn up and swim

Busy lane sessions, pre-booking essential

Aquatic Fitness Classes

Clubs

Swim Lessons

School Swim Lessons

Closed

Lane swim sessions can be booked (up to one week in advance) online or at reception. For more booking info go to bit.ly/GoSwimBooking

MONDAY	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Lane 1						Slow				Slow	Rookie	Swim	Slow	Slow	
Lane 2						Medium/Fast				Medium/Fast	Bronze	Challenge	Medium/Fast	Medium/Fast	
Lane 3	Swim for All														
Lane 4	Swim for All														
Small pool	Swim For All during school holidays				Swim for All		Swim For All during school holidays			Swim for All					
Splash area															

TUESDAY	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
Lane 1						Slow				Slow	Stage 7	Stage 7	Stage 7	Stage 7		
Lane 2						Medium/Fast				Medium/Fast	Stage 6	Stage 6	Stage 6	Stage 6		
Lane 3	Swim for All															
Lane 4	Swim for All															
Small pool	Swim For All during school holidays				Swim for All		Swim For All during school holidays				Stage 1-3	Stage 1-3	Stage 1-3	Stage 1-3	Stage 1-3	Aquafit
Splash area																

WEDNESDAY	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Lane 1						Slow									
Lane 2						Medium/Fast									
Lane 3	Swim for All														
Lane 4	Swim for All														
Small pool	Swim For All during school holidays				Swim for All		Swim For All during school holidays								
Splash area															

THURSDAY	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Lane 1						Slow									
Lane 2						Medium/Fast									
Lane 3	Swim for All														
Lane 4	Swim for All														
Small pool	Swim For All during school holidays				Swim for All		Swim For All during school holidays								
Splash area															

FRIDAY	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00
Lane 1		Slow				Slow									
Lane 2		Medium/Fast	Aquafit			Medium/Fast									
Lane 3		Swim for All		Swim for All											
Lane 4		Swim for All		Swim for All											
Small pool		Swim for All		Swim For All during school holidays		Swim for All		Swim For All during school holidays							
Splash area															

	08:00	09:00	10:00	11:00	12:00	13:00	14:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	
Lane 1	TEMPORARILY CLOSED								Slow	Slow	Lane swim	Lane swim	Lane swim	Lane swim	Lane swim	Lane swim
Lane 2	TEMPORARILY CLOSED								Medium/Fast	Medium/Fast	Swim For All (Family Fun)					
Lane 3	TEMPORARILY CLOSED								Swim for All	Swim For All (Family Fun)						
Lane 4	TEMPORARILY CLOSED								Swim for All	Swim For All (Family Fun)						
Small pool	TEMPORARILY CLOSED								Swim for All	Swim For All (Family Fun)						
Splash area																