HEWORTH LEISURE CENTRE - Summer Pool Programme

Public swimming slots | Aquatic Fitness Classes | Clubs | Swimming Lessons

Applies from w/c 19 July. Programme subject to change. For live availability and exact session times click here and choose 'Classes' (no account needed to view times)

Swim sessions must be booked (up to one week in advance) online or by phoning 0191 433 7111. 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	Fast	Fast	Fast	Fast	Fast	Fast									
Lane 2	Medium	Medium	Medium	Medium	Medium	Medium									
Lane 3	Slow	Slow	Slow	Swim for All	Swim for All	Swim for All									
Lane 4															
Small pool		Swim for All	Swim for All	Swim for All	Swim for All	Swim for All									

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					Fast	Fast	Fast	Fast	Fast	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Fast	Aquafit
Lane 2					Medium	Medium	Medium	Medium	Medium								Medium	
Lane 3					Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Swim for All	
Lane 4																		
Small pool					Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2		

Public swimming available at these times on 20 July only

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	Fast	Fast	Fast	Fast	Fast	Fast									
Lane 2	Medium	Medium	Medium	Medium	Medium	Medium									
Lane 3	Slow	Slow	Slow	Swim for All	Swim for All	Swim for All									
Lane 4															
Small pool		Swim for All	Swim for All	Swim for All	Swim for All	Swim for All									

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					Fast	Fast	Fast	Fast	Fast	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Stage 5-7	Fast	Fast
Lane 2					Medium	Medium	Medium	Medium	Medium								Medium	Medium
Lane 3					Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Stage 3-4	Swim for All	Swim for All
Lane 4																		
Small pool					Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2	Stage 1-2		

Public swimming available at these times on 22 July only

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	Fast	Fast	Fast	Fast	Fast	Fast									
Lane 2	Medium	Medium	Medium	Medium	Medium	Medium									
Lane 3	Aquafit	Slow	Slow	Swim for All	Swim for All	Swim for All									
Lane 4															
Small pool		Swim for All	Swim for All	Swim for All	Swim for All	Swim for All									

SATURDAY	08:00	09:00	10:00	11:00	12:00	13:00
Lane 1	Fast	Fast	Fast	Fast	Fast	Fast
Lane 2	Medium	Medium	Medium	Medium	Medium	Medium
Lane 3	Slow	Slow	Swim for All	Swim for All	Swim for All	Swim for All
Lane 4						
Small pool		Swim for All	Swim for All	Swim for All	Swim for All	Swim for All

SUNDAY	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00
Lane 1	Fast	Fast	Fast	Fast	Fast	Fast	Fast	Fast
Lane 2	Medium	Medium	Medium	Medium	Medium	Medium	Medium	Medium
Lane 3	Slow	Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Swim for All
Lane 4								
Small pool		Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Swim for All	Swim for All