

WATER WORKOUT

Our Aquatone sessions are a great way to exercise, as well as supporting the body and taking the pressure off your joints.

AQUA INFLATABLE SESSION

The fun, the challenge, the excitement. It's a session for the kids. Saturday afternoons.

FRIDAY FUN SPLASH

A family fun session for adults and children which includes the aqua inflatable.

AQUA BABIES

Aqua babies is for children from 4 months to 2 years old and it runs on Tuesdays and Thursdays from 11:00am to 11:30am. 2 years upwards is from 11:30 to 12:00pm also on Tuesdays and Thursdays. This class is a great way of introducing children to water and encouraging water skills such as floatation techniques entries and submersion.

GOOLE SWIMMING CLUB

A club session on Tuesday evenings and Saturday mornings.

EAST RIDING LEARN TO SWIM LESSONS

Goole Leisure Centre offers Learn to Swim Lessons, open to all from 9 months to adults, beginners to advanced. Friendly atmosphere, qualified instructors. Please see our Swimming Lesson brochure for further details.

SPLASHERS SPECIAL NEEDS SWIM

Splashers popular club session is every Monday evening.

SUB AQUA

Qualified club sessions on Thursday evenings.



POOL OPENING TIMES

Monday	7.00am - 10.00pm
Tuesday	8.00am - 10.00pm
Wednesday	7.00am - 9.00pm
Thursday	8.00am - 10.00pm
Friday	7.00am - 9.00pm
Saturday	8.00am - 9.30pm
Sunday	8.00am - 7.45pm

Club & Centre sessions are included within opening times.

ADMISSIONS POLICY

The policy for all East Riding of Yorkshire Council Swimming Pools are as follows: 1. A responsible person, aged at least 16 years of age must accompany all children under the age of eight into swimming pools.

2. They must go into the water with the children they are accompanying. Whilst in the pool the responsible person should maintain a constant watch over the children in their care and be in close contact with those of their children who are especially weak or non-swimmers

3. The number of children one adult can safely supervise depends on the age of the child -

* Children under the age of four = one

* Children between four and seven = two

For example, a family of two adults, one child aged three and one child aged six would require both adults to supervise the children in the water

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.

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.

Goole Leisure Centre North Street Goole DN14 5QX
Telephone: 01405 769005 Fax: 01405 766866
www.gooleleisurecentre.co.uk

Goole 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. Heated throughout to a comfortable temperature of 29/31oc. The free-form design caters for everyone and every type of activity. Starting with the shallow lagoon designed for easy access and leading to the main body of the pool. When required the main body of the pool can be used as a four-lane 25 metre competition pool. A great attraction for the young-at-heart is undoubtedly the jetstream and exciting slipway - the most fun way to enter a pool ever invented. Both swimming pools aim to provide a balanced programme to meet the needs of all our customer groups. Other sessions include.

FLUME RIDES

The Centre has a large flume with its own splash pool. The times of operation vary depending on the session in progress. Please check with reception for current times.

LENGTH SWIMMING

A lane swimming session aimed at customers wishing to maintain fitness.

SWIM FOR HEALTH SESSIONS

A swim session aimed at the over 60's. A time to swim and socialise at a reduced price.

GENERAL SWIMMING

Public swimming sessions available throughout the day.

ADULTS ONLY

Relax on a Monday, Friday and Sunday evening away from the kids and the chaos.

LADIES ONLY

Evening sessions just for the ladies. Every Wednesday.



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

POOL PROGRAMME

POOL

School swimming does occur during term time but will only use part of the pool.

	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	10.00		
MON	Lane Swimming		Early Morning Swim and Swim For Health											* School Swimming						* Centre Lessons									Special Needs Swimming Session		Adult Lane Swimming		
TUES			Early Morning Swim and Swim For Health							Aqua Babies				* School Swimming						* Centre Lessons				Centre Lessons	Swim Club								
WED	Lane Swimming		Early Morning Swim and Swim For Health											* School Swimming						* Centre Lessons									Water Aerobics	Ladies Only Swim			
THURS			Early Morning Swim and Swim For Health							Aqua Babies				* School Swimming																NPLQ Training	Sub Aqua		
FRI	Lane Swimming		Early Morning Swim and Swim For Health											* School Swimming						* Centre Lessons								Family Fun Splash	Adults Only Swim				
SAT			Swim Club																										Adult Swim Lessons	Pool Party Hire			
SUN																													Adult only swim				

Pool closed
 Pool open for public swimming
 * Small section of pool laned off for swim lessons

- Swim for Health sessions 8:00 - 10:00am & 12:00 - 1:00pm Monday - Friday (reduced rate swim for the over 60's)
- Swim for health sessions and swimming lessons (not exclusive)