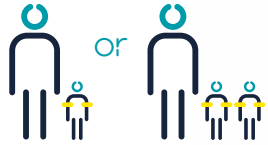


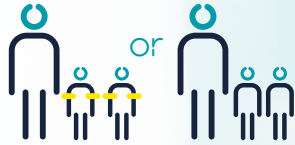
For more information about swim timetables at our other sites, please ask at reception or visit yourspacetofeelgood.com/dearneside



Pool admissions



Under 4 years:
One adult can accompany one child with no buoyancy aids or two children both wearing buoyancy aids.



4-7 years old:
One adult can accompany two children with or without buoyancy aids.



Mixed ages (under 4s and 4-7 year olds):
One adult can accompany two children if both are wearing buoyancy aids or the eldest child can swim 50m (confirmed by parent).

Love swimming? Don't splash out

If you swim more than once a week, you could save yourself money by becoming a member. Your Space memberships include swimming and all aquacise classes.

Join now at:
yourspacetofeelgood.com

Learn a skill for life...

We offer swimming lessons for all ages* and abilities. Our Swim Academy is award winning and Swim England accredited.



*From 1 month of age to adults

Jump into our aquatics programme

at **Dearneside Leisure Centre**

your space
Dearneside Leisure Centre

What's on at Your Space

Dearneside pool timetable

Term time

Please contact reception for details of our school holiday timetable as changes occur during school holidays

	7am	8am	9am	10am	11am	12noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
MON	Your lane swim 7-8.30			School swimming lessons 9.30 - 10.30	Parent & Toddler 10.30 - 11.30	Your lane swim 11.45 - 12.45		School swimming lessons 1 - 3		Your Swim Academy 4 - 7.30			Your lane swim 7.30-8.30	Sub Aqua 8.30 - 9.30			
TUE				School swimming lessons 9.30 - 10.30	Aquacise 10.45-11.30	Your lane swim 11.45 - 12.45		School swimming lessons 1 - 3		Your Swim Academy 4 - 5	Your leisure swim 5 - 6.30	Your Performance Academy 6:30 - 8		Your lane swim 8 - 9			
WED	Your lane swim 7-8.30			School swimming lessons 9.30 - 11.30		Your lane swim 11.45 - 12.45		School swimming lessons 1 - 3		Your Swim Academy 4 - 7.30			Your lane swim 7.30 - 9				
THUR				School swimming lessons 9.30 - 11.30		Your lane swim 11.45 - 12.45		School swimming lessons 1 - 3	Your ladies swim 3.15 - 4	Your Swim Academy 4 - 7		Swimfit 6 - 7	Your Performance Academy 7 - 9		Your lane swim 9 - 10		
FRI	Your lane swim 7-8.30			School swimming lessons 9.30 - 10.30	Aquacise 10.45-11.30	Your lane swim 11.45 - 12.45		School swimming lessons 1 - 3	Your adult lessons 3 - 3.45	Your Swim Academy 4 - 5	Your leisure swim 5 - 6	Your Performance Academy 6 - 9					
SAT	Your Performance Academy 6 - 8		Your Swim Academy 8.30 - 12.30				Your lane swim 12.45 - 1.45	Pool Party Hire 1.45 - 2.45	Your ladies swim 3 - 4	Your Performance Academy 4 - 6							
SUN			Your Swim Academy 8.30 - 10.30		Your lane swim 10.30 - 12	Your leisure swim 12 - 2											

Your family swim to be booked in suite and over the phone only. All sessions will be run at reduced capacity with strict control measures in place. Lane swimming will be made up of 2 double lanes, 2 single lanes a minimum swimming standard of 400m to attend lane swimming. Ensure social distancing is maintained when static. Several lockers will be available however we would like you to arrive swim ready and get changed quickly after your swim to reduce time in the changing rooms. There is no scientific evidence Covid-19 can survive in chlorine water, our pools are regularly laboratory tested and are run in line with the Government Covid Guidance.