

MAIN POOL TIMETABLE

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| Mon | 6.30am-8.00am 12.00pm-2.00pm 12.30pm-1.30pm 4.30pm-6.00pm | Lane/Public Swim Lane/Public Swim Swim Smart Session Swim Starz Lessons /Public Swim |
| Tues | 6.30am-8.00am 12.00pm-2.00pm 4.30pm-6.00pm 6.00pm-7.00pm 8.00pm-9.30pm | Lane/Public Swim Lane/Public Swim Swim Starz Lessons /Public Swim Adult Swim Lessons Lane/Public Swim |
| Wed | 6.30am-8.00am 12.00pm-2.00pm 4.30pm-6.00pm 8.00pm-9.30pm | Lane/Public Swim Lane/Public Swim Swim Starz Lessons /Public Swim Adults Only Swim |
| Thur | 12.00pm-2.00pm 4.30pm-6.00pm 6.00pm-9.30pm | Lane/Public Swim Swim Starz Lessons /Public Swim Lane/Public Swim |
| Fri | 6.30am-8.00am 12.00pm-2.00pm 8.00pm-9.30pm | Lane/Public Swim Lane/Public Swim Lane Swim |
| Sat | 9.45am-1.45pm 11.30am-1.00pm 2.00pm-3.30pm 3.45pm-6.15pm | Lane/Public Swim Swim Starz Lessons /Public Swim Family Fun Session Lane/Public Swim |
| Sun | 7.30am-9.45am 10.00am-11.30am 12.00pm-4.00pm | Lane/Public Swim Family Fun Session Lane/Public Swim |



TRAINING POOL TIMETABLE

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| Mon | 8.00am-9.00am 12.00pm-1.00pm 4.00pm-5.30pm 7.30pm-9.00pm | Public Swim Ladies Only Swim Swim Starz Lessons Public Swim |
| Tues | 8.00am-9.00am 12.00pm-1.00pm 4.00pm-5.30pm 6.00pm-7.00pm 7.00pm-8.00pm | Public Swim Diamond Club /Disabled Session Swim Starz Lessons Adult Swim Lessons Aqua Zumba |
| Wed | 8.00am-9.00am 12.00pm-1.00pm 4.00pm-5.30pm 8.00pm-9.00pm | Public Swim Diamond Club /Disabled Session Swim Starz Lessons Aqua Fit |
| Thur | 6.30am-9.00am 12.00pm-1.00pm 4.00pm-5.30pm 7.00pm-8.00pm 8.00pm-9.00pm | Public Swim Diamond Club /Disabled Session Swim Starz Lessons Aqua Zumba Ladies Only Swim |
| Fri | 8.00am-9.00am 11.00am-12.00pm 12.00pm-1.00pm | Public Swim Aqua Fit Diamond Club /Disabled Session |
| Sat | 5.00pm-8.00pm 8.00pm-9.00pm | Public Swim Youth Zone Swim |
| Sun | 7.30am-8.30am 8.30am-12.00pm 12.00pm-1.00pm 12.00pm-1.00pm 1.00pm-2.00pm 3.00pm-4.00pm 4.00pm-5.00pm | Public Swim Swim Starz Lessons Ladies Only Swim Ladies Only Swim Available for Party Starz Available for Party Starz Public Swim |

Reception 01748 831030

Gough Road, Catterick Garrison
North Yorkshire DL9 3EL

www.catterickleisurecentre.com

TEACHING POOL TIMETABLE

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| Mon | 9.30am-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm 6.00pm-7.30pm | Family Swim Family Swim Swim Starz Lessons Family Swim |
| Tues | 9.30am-10.30am 10.30am-11.30am 11.30am-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm 6.00pm-7.30pm | Family Swim Aqua Starz Family Swim Family Swim Swim Starz Lessons Family Swim |
| Wed | 9.30am-10.30am 10.30am-11.30am 11.30am-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm 6.00pm-7.30pm | Family Swim Aqua Starz Family Swim Family Swim Swim Starz Lessons Family Swim |
| Thur | 9.30am-10.30am 10.30am-11.30am 11.30am-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm 6.00pm-7.30pm | Family Swim Aqua Starz Family Swim Family Swim Swim Starz Lessons Family Swim |
| Fri | 9.30am-1.00pm 5.00pm-7.30pm | Family Swim Family Swim |
| Sat | 8.30am-11.00am 11.00am-1.00pm 1.00pm-2.00pm 2.00pm-3.30pm 3.30pm-5.00pm | Aqua Starz Family Swim Available for Party Starz Fun Session Family Swim |
| Sun | 8.30am-10.00am 10.00am-11.30am 11.30am-1.00pm 1.00pm-2.00pm 2.00pm-3.00pm 3.00pm-4.00pm 4.00pm-5.00pm | Family Swim Fun Session Family Swim Available for Party Starz Family Swim Available for Party Starz Family Swim |

Note: The teaching pool will remain open to the public if not being used for Party Starz bookings.