

Splash...

LEARNING IS FUN



We are very proud of our Swim Starz programme and here's why:

- Over 100 classes a week
- Lessons for all abilities, Aqua Starz 4 months - 4 years, Swim Starz 4 years plus and Rookie Lifeguard for the budding lifesaver
- Our fantastic Swim Starz teachers are all Swim England qualified and attend regular on-going CPD training to keep them up-to-date with the latest teaching techniques and methods.
- Enrol your child today - ask at reception for details!

Did you know...?
We run intensive swimming lessons during the school holidays. Ask our reception team for details.



For further information please contact our Swim Manager
Zoe.Cowan@nuffieldhealth.com



This centre is managed on behalf of the MoD by Nuffield Health.



As part of our Activ Adults Programme we are also offering our **Swim Smart Coaching Sessions**. These sessions are designed to provide the more confident adult swimmers with the opportunity to access structured training without the commitment of paying for a term of swimming lessons.

Adult Stages

- Be Water Confident
- Be a Swimmer
- Be a Better Swimmer
- Be a Master Swimmer

COMING SOON
Email our Swim Manager to express your interest!

Did you know...?

Catterick Leisure Centre is an Approved Training Centre for the RLSS and The Institute of Swimming



RLSS Qualifications

- National Pool Lifeguard Qualification
- First Aid at Work
- Automated External Defibrillator
- Rookie Lifeguard



Swim England Qualifications

- Level 1 Swimming Teacher (Assistant)
- Level 2 Swimming Teacher

For further information or details regarding booking on to any courses please contact a member of our Reception Team on **01748 831030** or email the Approved Training Centre Co-ordinator
simon.hughes@nuffieldhealth.com

POOL PROGRAMME



Catterick
LEISURE CENTRE

OCT2023

MAIN POOL TIMETABLE

25m

Mon	6.30am-8.00am 12.00pm-3.00pm 4.00pm-6.00pm	Lane/Public Swim Lane/Public Swim Swim Starz Lessons/Public Swim
Tues	6.30am-8.00am 12.00pm-3.00pm 4.00pm-6.00pm 8.00pm-9.30pm	Lane/Public Swim Lane/Public Swim Swim Starz Lessons/Public Swim Lane/Public Swim
Wed	6.30am-8.00am 12.00pm-3.00pm 4.00pm-6.00pm 8.00pm-9.30pm	Lane/Public Swim Lane/Public Swim Swim Starz Lessons/Public Swim Adults Only Swim
Thur	6.30am-8.00am 12.00pm-3.00pm 4.00pm-6.00pm 8.00pm-9.30pm	Lane/Public Swim Lane/Public Swim Swim Starz Lessons/Public Swim Lane/Public Swim
Fri	6.30am-8.00am 12.00pm-4.00pm 4.00pm-5.00pm 8.00pm-9.30pm	Lane/Public Swim Lane/Public Swim Swim Starz Lessons/Public Swim Lane Swim
Sat	8.00am-11.00am 11.00am-1.30pm 1.30pm-5.00pm	Lane/Public Swim Swim Starz Lessons/Public Swim Lane/Public Swim
Sun	8.00am-1.00pm	Lane/Public Swim



**Nuffield
Health**

TRAINING POOL TIMETABLE

16m

Mon	12.00pm-1.00pm 4.00pm-6.00pm	Ladies Only Swim Swim Starz Lessons
Tues	12.00pm-1.00pm 4.00pm-6.00pm 6.00pm-7.45pm 7.45pm-8.30pm	Diamond Club/Disabled Session Swim Starz Lessons Public Swim Aqua Fit
Wed	12.00pm-1.00pm 4.00pm-6.00pm 6.00pm-7.45pm 7.45pm-8.30pm	Diamond Club/Disabled Session Swim Starz Lessons Public Swim Aqua Fit
Thur	12.00pm-1.00pm 4.00pm-6.00pm 6.00pm-8.00pm 8.00pm-9.00pm	Diamond Club/Disabled Session Swim Starz Lessons Public Swim Ladies Only Swim
Fri	11.15am-12.00pm 12.00pm-1.00pm 5.00pm-8.00pm 8.00pm-9.00pm	Aqua Fit Diamond Club/Disabled Session Public Swim Junior Swim
Sat	8.30am-11.00am 12.00pm-1.00pm 3.00pm-4.00pm	Swim Starz Lessons Ladies Only Swim Available for Party Hire
Sun	12.00pm-1.00pm 1.00pm-5.00pm	Ladies Only Swim Public Swim

Reception 01748 831030

Gough Road, Catterick Garrison
North Yorkshire DL9 3EL

www.nuffieldhealth.com/catterick

LEARNER POOL TIMETABLE

11m

Mon	9.00am-10.00am 11.00am-12.00pm 12.00pm-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm	Family Swim Swim Starz Lessons Family Swim Family Swim Swim Starz Lessons
Tues	9.00am-10.00am 11.00am-12.00pm 12.00pm-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm	Family Swim Swim Starz Lessons Family Swim Family Swim Swim Starz Lessons
Wed	9.00am-10.00am 11.00am-12.00pm 12.00pm-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm	Family Swim Swim Starz Lessons Family Swim Family Swim Swim Starz Lessons
Thur	9.00am-10.00am 11.00am-12.00pm 12.00pm-1.00pm 3.00pm-4.00pm 4.00pm-6.00pm	Family Swim Swim Starz Lessons Family Swim Family Swim Swim Starz Lessons
Fri	9.00am-10.00am 11.00am-1.00pm 3.00pm-4.00pm	Family Swim Family Swim Family Swim
Sat	8.30am-12.15pm 12.15pm-3.00pm 3.00pm-4.00pm	Swim Starz Lessons Family Swim Available for Party Hire
Sun	8.30am-3.00pm 3.00pm-4.00pm	Family Swim Available for Party Hire