



THORNABY POOL SWIMMING PROGRAMME

Thornaby Road, Thornaby, Stockton-on-Tees TS17 8AA TEL: 01642 616727

Term Time Sessions

Pick up your **Swimming Activities & Price Guide** leaflet at your local **Active Life Centre**

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions... Term Time Sessions...	7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim	Under 3's Swim FREE	
	9am - 12pm School Swim	9am - 12pm School Swim	9am - 12pm School Swim	9am - 12pm School Swim	9 - 10am Public Session		
	12 - 1pm Lunch Time Swim	12 - 1pm Lunch Time Swim	12 - 1pm Lunch Time Swim	12 - 1pm Lunch Time Swim	12 - 1pm Lunch Time Swim	10 - 11am Aquafit	10 - 11am Public Session shared with Child's Special Needs Class
	1 - 3pm Public Session shared with Schools	1 - 3pm Public Session shared with Schools	1 - 3pm Public Session shared with Schools	1 - 3pm Public Session shared with Schools	11am - 12pm Ladies Only	11am - 12pm Public Session shared with Swimming Lessons	11am - 12pm Public Session
	3 - 5pm Staff Training	3 - 4pm Public Session	3 - 4pm Public Session	3 - 4pm Public Session	12 - 1pm Lunch Time Swim	11.45am - 12.45pm Public Session shared with Swimming Lessons	12 - 12.45pm Fun Floats and Inflatable Session
	5 - 7pm B.O.S.S.S	4 - 5pm Swim & Relax	4 - 6pm Swimming Lessons	4 - 6pm Swimming Lessons	1 - 3pm Public Session shared with Schools	1 - 2pm Fun Floats and Inflatable Session	1 - 2pm Stockton Amateur Swim Club
	7 - 8pm Thornaby Amateur Swim Club	5 - 7pm B.O.S.S.S	6 - 7pm Fun Night	6 - 7pm Adults Only	3 - 4pm Active Health Aquafit	2 - 4pm Public Session	2 - 4pm People with Disabilities
	8 - 9pm Adults Only	7 - 9pm Thornaby Amateur Swim Club	7 - 8.45pm Public Session	7 - 8pm Ladies Only	4 - 5pm Public Session	2.30 - 4.30pm Party Bookings	4.30 - 5.30pm Party Booking
			8.45 - 9.30pm Adult Swim Lessons	8 - 9pm Sub Aqua Club	5 - 6pm Stockton Amateur Swim Club		
					6 - 7pm Aquafit		
					7 - 8pm Ladies Only		
					8 - 9pm Thornaby Amateur Swim Club		

Please note All children under 8 years of age must be accompanied in the water by an adult (16 years+) with a maximum ratio of 2 children per adult

Key

- Instructed session remainder of pool open to public
- Sessions CLOSED to the public

www.teesactive.co.uk



In association with **NORTHUMBRIAN WATER**
THORNABY POOL SWIMMING PROGRAMME
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School Holiday Sessions Pick up your **Swimming Activities & Price Guide** leaflet at your local **Active Life Centre**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim	7.30 - 9am Early Bird Swim		
9.15 - 10am Aqua Jet Session	9.15 - 10am Aqua Jet Session	9.15 - 10am Aqua Jet Session	9.15 - 10am Aqua Jet Session	9 - 10am Public Session	9 - 11am Swimming Lessons	9 - 10am Public Session
10 - 11am Public Session	10 - 11am Public Session	10 - 11am Public Session	10 - 11am Public Session	10 - 11am Aquafit		10 - 11am Public Session shared with Child's Special Needs Class
11 - 11.45am Inflatable Session	11 - 11.45am Inflatable Session	11 - 11.45am Inflatable Session	11 - 11.45am Inflatable Session	11am - 12pm Ladies Only	11 - 11.45am Public Session shared with Swimming Lessons 11.45am-12.45pm	11am - 12pm Public Session
12 - 1pm Adults Only	12 - 1pm Adults Only	12 - 1pm Adults Only	12 - 1pm Adults Only	12 - 1pm Adults Only	12 - 1pm Fun Floats & Inflatable Session	12 - 12.45pm Fun Floats & Inflatable Session
1 - 2pm Inflatable Session	1 - 2pm Inflatable Session	1 - 2pm Inflatable Session	1 - 2pm Inflatable Session	1 - 2pm Inflatable Session	1 - 2pm Public Session	1 - 2pm Stockton Amateur Swim Club
2 - 3pm Public Session	2 - 4pm Public Session	2 - 4pm Public Session	2 - 4pm Public Session	2 - 3pm Public Session		2 - 4pm People with Disabilities
3 - 5pm Staff Training				3 - 4pm Active Health Aquafit	2.30 - 4.30pm Party Bookings	
4 - 6pm B.O.S.S.S	4 - 5pm Swim & Relax	4 - 6pm Swimming Lessons	4 - 6pm Swimming Lessons	4 - 5pm Public Session		4.30 - 5.30pm Party Booking
5 - 7pm B.O.S.S.S	5 - 7pm B.O.S.S.S			5 - 6pm Stockton Amateur Swim Club		
6 - 7pm Fun Night		6 - 7pm Fun Night	6 - 7pm Adults Only	6 - 7pm Aquafit		
7 - 8pm Thornaby Amateur Swim Club	7 - 9pm Thornaby Amateur Swim Club	7 - 8.45pm Public Session	7 - 8pm Ladies Only	7 - 8pm Ladies Only		
8 - 9pm Adults Only		8.45 - 9.30pm Adult Swim Lessons	8 - 9pm Sub Aqua Club	8 - 9pm Thornaby Amateur Swim Club		

School Holiday Sessions... School Holiday Sessions...



Key

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Please note All children under 8 years of age must be accompanied in the water by an adult (16 years+) with a maximum ratio of 2 children per adult

Take the hassle out of organising a birthday party by letting us do it for you!

We can cater for parties of up to 50 people (which includes both children and adults). You can choose from a one hour **Exclusive Swim**, **Aqua Jet** or **Inflatable Party Session** on a Saturday or Sunday. For further details or to book contact Thornaby Pool on (01642) 616727.

Locker Keys

Please bring a **50p** (refundable) to operate the lockers.

THE USE OF VIDEO OR PHOTOGRAPHY IS PROHIBITED (UNLESS ARRANGED BY PRIOR AGREEMENT)

This facility is supported by Stockton - on - Tees Borough Council and is managed by Tees Active Ltd.