

Pool programme



**DO YOUR BIT
SAVE PAPER**

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Main pool term time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON		Swim Club	Lane Swim Early Bird Swim	Toddler Splash	Swim School	Lane Swim General Swim	Schools	50+ Aquafit	Swim School	General Swim	Aquafit	Swim Club	Adult Swim				
TUES			Lane Swim General Swim	Schools	Toddler Splash Swim School	Lane Swim General Swim	Schools	Swim 4 Fitness	Swim School	General Swim	Adult Swim School Adult Swim						
WED		Swim Club	Lane Swim Early Bird Swim	General Swim	Toddler Splash Deep End Swim	Lane Swim General Swim	Schools	Swim School	General Swim	Over 50s	Swim Club	Adult Swim					
THURS			Lane Swim General Swim	Staff Training	Schools	General Swim Lane Swim	Schools	Swim School	General Swim	Aquafit	Adults Only Swim School	Available for Private Hire					
FRI		Swim Club	Lane Swim Early Bird Swim	Schools	General Swim Lane Swim	Schools	Over 50's Swim	Swim School	Aquatic Youth Club	Swim Club							
SAT			Swim Club	Swim School	Kidz Krazy	General Swim	Canoe Club										
SUN				Swim School	Kidz Krazy	General Swim	Available for Private Hire	Swim Club	Swim Fit								

Closed to public
 Public Swim
 Bookable Sessions



Main pool holiday time

	6 am	7 am	8 am	9 am	10 am	11 am	12 noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
	6.30	7.30	8.30	9.30	10.30	11.30	12.30	1.30	2.30	3.30	4.30	5.30	6.30	7.30	8.30	9.30	10.30
MON		Swim Club	Lane Swim Early Bird Swim		Swim School	Toddler Splash	Lane Swim General Swim		Kidz Krazy	50+ Aquafit	Swim School	General Swim	Aquafit	Swim Club	Adult Swim		
TUES			Lane Swim General Swim		Swim School		Lane Swim General Swim		Kidz Krazy	Swim 4 Fitness	Swim School		General Swim	Adult Swim School Adult Swim			
WED		Swim Club	Lane Swim Early Bird Swim		Swim School		Lane Swim General Swim		Kidz Krazy		Swim School	General Swim	Over 50's/ Disability Swim	Swim Club	Adult Swim		
THURS			Lane Swim General Swim		Swim School		Lane Swim General Swim		Kidz Krazy		Swim School	General Swim	Aquafit	Adults Only Swim School	Available for Private Hire		
FRI		Swim Club	Lane Swim Early Bird Swim		Swim School	Toddler Splash	Lane Swim General Swim	Kidz Krazy	Over 50's Swim		Swim School		Aquatic Youth Club	Swim Club			
SAT			Swim Club		Swim School		Kidz Krazy		General Swim	Canoe Club							
SUN					Swim School		Kidz Krazy		General Swim	Available for Private Hire	Swim Club	Swim Fit					

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Session Descriptions and Information

Adults Only – general swim for adults only.

Aqua Fit – pool-based aerobics, gentle, yet effective and fun. Suitable for all levels.

Early Bird Swim – have a refreshing early morning swim, with the benefit of exclusive pool use. Membership is required to use this session, further details available at Reception.

General Swim – everyone welcome to this general swimming session.

Kids Crazy – a fun session for children. (Under 8 years to be accompanied by an adult.)

Ladies Only – ladies only swimming session.

Over 50s & Disability Session – leisurely session for the more mature swimmer.

Party Hire – book a children's party. Have fun in the pool, and book your food for afterwards.

Swim Club – session closed to the public for club usage.

Swim Fit – a drop-in session for those wishing to increase stamina and fitness.

Swim School – we provide comprehensive and progressive swimming lessons for children and adults of all abilities. All our lessons are taught by qualified ASA teachers. Book your place today.

Toddler Splash – session for adults with children under 5 years to have fun and gain water confidence.

**Riverside Leisure
Centre, Morpeth**
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Leisure Connection reserve the right to alter fees and services described within this leaflet. Photographs and images are for illustration purposes only.

www.riversideleisurecentremorpeth.co.uk

Admissions Policy

Children under the age of eight must be accompanied by a person aged 18+ or a parent.

Lifeguards

Lifeguards are on the poolside to ensure your safety and enjoyment. Please listen to their advice and follow all instructions that are given throughout the duration of your visit.

Weak and Non-swimmers

All weak and non-swimmers should observe the water depth and remain in shallow water at all times. Armbands and other flotation aids are available to purchase at the centre.

Poolside

The use of cameras is permitted only with the prior consent of the Duty Manager. Photographic equipment must not be used on the poolside. Outdoor shoes and pushchairs are not permitted on the poolside at any time.

Programme

Leisure Connection reserves the right to change the programme without prior notice, this will be in exceptional circumstances only. This programme was correct at the time of going to print.

Changing Rooms

Pool users must use the wet changing rooms. Dry changing rooms are for dry sports users only.

Harpers Members

Members must now show their Membership Card at reception to gain entry to the pool.

Pure Water Memberships

Unlimited swimming and sauna sessions for only £17 per month. See reception for details.

