

## Session Descriptions

### Public Swim

These sessions are open to all. Children under 8 years of age must be accompanied in the water at all times by an adult aged 16+ (max. 2 children per adult).

### Fun Session

A fun packed session with floats. An exciting experience for children of all ages.

### Early Bird

Start the day with an enjoyable morning swim and get the benefit of a reduced rate. Adults and juniors both welcome.

### Lunch Time Swim

Keep fit during your lunch hour, with the added incentive of a reduced price.

### Adults Only

For swimmers aged 16 years + who wish to swim lengths. Lanes where possible will be available for swimmers.

### Private Hire

These sessions are reserved for clubs. If you are interested in booking our pool for private hire, please contact reception.

### Learn to Swim

For children aged over 3 years through to adults. Tees Actives Learn to Swim scheme follows the ASA's framework for swimming lessons. Our inclusive programme takes the non-swimmer on their own individual aquatic journey. For full details, pick up our Learn to Swim Parent's Guide from one of our venues or via our website.

### Aqua Aerobics

We offer various aqua aerobics sessions each tailored for various fitness levels. Active Health Aqua is for those enrolled on our Active Health scheme and Activ+ is for those who have completed the scheme. Aqua Fit and Aqua Zumba are both an excellent conditioning aerobic workout for adults aged 16+. The great thing about aqua aerobics is that the water provides extra resistance, without placing stresses on joints.

### Parties

Why not book your next party at our pool and be the coolest kid in town! Various options available - please see our Party Leaflet or contact reception for more information.

### School Swimming

School swimming lessons at Billingham Forum take place daily from 9.30am-11:45am and 1pm-3pm during term time. If you are interested in finding out more details about school swimming lessons for your school, please email [aquatics@teesactive.co.uk](mailto:aquatics@teesactive.co.uk)



# Swim Timetable

Under 3's swim FREE!!



Follow us on Social Media

**Billingham Forum**



**Billingham Forum - Tel: 01642 551381**

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[www.teesactive.co.uk](http://www.teesactive.co.uk)

# Billingham Forum

## Term Time Pool Timetable

**Under 3's swim FREE**

### Main Pool

#### INFORMATION

Depth of Pools  
Main: 0.9-2.18m, Activity: 0-3m,  
Teaching: 10cm-90cm

Café and vending machine at this venue

Photo/videography is NOT permitted unless arranged by prior agreement

Lockers £1 (returnable)

Swimming equipment available to buy at reception

Timetable valid from March 2016 and is subject to change

Adult: Child Ratio applies\*

You can only dive in the deep end

Under 3's swim FREE

\*All children under 8 years MUST be accompanied in the water by a competent adult. Adult to child ratio is 1 adult per 2 children under the age of 8 years. Please see website for Junior Admissions Policy.

	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	
MON	Early Bird	Early Bird	Early Bird	Public Swim	Public Swim	Public Swim	Public Swim	School Swim	School Swim	School Swim	Lunch Swim	School Swim	School Swim	School Swim	Public Swim	Public Swim	Public Swim	Public Swim	Learn to Swim	FLSC	BASC	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Three Nines/ Teesside 43 <sup>rd</sup> Divers
TUES	Early Bird	Early Bird	Early Bird	Public Swim	Public Swim	Public Swim	Public Swim	School Swim	School Swim	School Swim	Lunch Swim	School Swim	School Swim	School Swim	Public Swim	Public Swim	Public Swim	Public Swim	Learn to Swim	Public Swim	BASC	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Forum Divers	
WEDS	Early Bird	Early Bird	Early Bird	Public Swim	Public Swim	Public Swim	Public Swim	School Swim	School Swim	School Swim	Lunch Swim	School Swim	School Swim	School Swim	Public Swim	Public Swim	Public Swim	Public Swim	Learn to Swim	BASC	BASC	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Forum Lifesaving Club (FLSC)	
THURS	Early Bird	Early Bird	Early Bird	Public Swim	Public Swim	Public Swim	Public Swim	School Swim	School Swim	School Swim	Lunch Swim	School Swim	School Swim	School Swim	Public Swim	Public Swim	Public Swim	Public Swim	Learn to Swim	B.O.S.S.S	BASC	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	4 <sup>th</sup> Element Diving Club	
FRI	Staff Training	Staff Training	Staff Training	Public Swim	Public Swim	Public Swim	Public Swim	Early Bird	School Swim	School Swim	Lunch Swim	School Swim	School Swim	School Swim	Public Swim	Public Swim	Public Swim	Public Swim	Learn to Swim	BASC	BASC	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only (Apr-Sep) Atlantis Divers (Oct-Mar)	
SAT	BASC	BASC	BASC	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Fun Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	Adults Only	
SUN	B.O.S.S.S	B.O.S.S.S	B.O.S.S.S	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Fun Session	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	B.O.S.S.S	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Adults Only (Apr-Oct) Davy Divers (Nov-Mar)	Hartlepool Triathletes

### Activity Pool

	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30			
MON				School Swim	School Swim	School Swim	School Swim	Active + Aquafit	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Aqua Zumba	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Three Nines/ Teesside 43 <sup>rd</sup> Divers	
TUES		Active + Aquafit	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Aqua Bootcamp	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Forum Divers	
WEDS				School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Forum Lifesaving Club (FLSC)	
THURS		Active + Aquafit	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	4 <sup>th</sup> Element Diving Club
FRI		Aqua Circuit	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	School Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Atlantis Divers (Oct- Mar)
SAT	BASC	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim
SUN	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Davy Divers (Nov-Mar)

■ Pool closed  
□ Pool available to hire



**Want to improve your swimming?**  
Pick up a Learn to Swim leaflet or ask at Reception for more information.

### Teaching Pool

	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00					
MON				Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
TUES				Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
WEDS				Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
THURS				Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
FRI		Staff Training	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
SAT				Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim
SUN				Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim

#### Swimming Admissions Policy

\*Any child under the age of 8 years old regardless of their swimming ability MUST be supervised in the water at all times by a responsible person, aged 16 years and over. Supervision is on the ratio of ONE adult for every TWO children, under 8 years of age.