# **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 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



#### Billingham Forum - Tel: 01642 551381

Town Centre, Billingham, Stockton-on-Tees, TS23 2LJ Email: billinghamforum@teesactive.co.uk



www.teesactive.co.uk

# Billingham Forum

Term Time Pool Timetable

# Main Pool

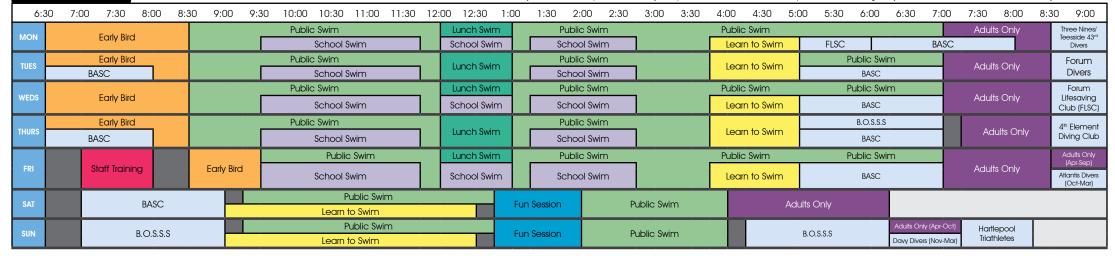
**Under 3's swim FREE** 

# Depth of Pools Main: 0.9-2.18m, Activity: 0-3m, Teaching: 10cm-90cm Café and vending machine at this venue Timetable valid from March 2016 and

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.

Swimming equipment available to buy at reception



Lockers £1 (returnable)

## Activity Pool

9:00 9:30 8:30 9:00 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 5:00 5:30 6:00 6:30 7:00 7:30 8:00 8:30 9:30 4:30 Aqua MON School Swim School Swim Learn to Swim Teesside 43rd Divers Zumba Active + School Swim School Swim Learn to Swim Aqua Bootcam; Forum Divers Forum Lifesavina Club School Swim School Swim Learn to Swim 4th Element Diving Active -School Swim School Swim Learn to Swim Aqua Fit Club

THURS Active + School Swim School Swim Learn to Swim Aqua Fit Club Club

FRI Aqua Circuit School Swim School Swim Learn to Swim Learn to Swim

SAT BASC Learn to Swim Sport Works

SUN Learn to Swim Day Divers (Nov-Mar)

Pool closed

is subject to change

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 7:0	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			amily Sw	im	Family Swim									Learn to Swim						
TUES					Family Swim			10-11an Coming so		Family Swim									Learn to Swim						
WEDS					Family Swim			o this slot n	ew	Family Swim									Learn to Swim						
THURS					Family Swim			mming les for toddler		Family Swim								Learn to Swim							
FRI		Staff Training			Family	' Swim	Se	ee Reception more detail	for				Family Swim						Learn to Swim						
SAT					Learn to Swim								Under 8	's Fun Sess	sion		Public S	wim							
SUN					Public Swim									Under 8's Fun Session Public Swi			wim								

# 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.