

TRAINING POOL

Please note extra activities will be added to the swimming programme during the school holidays. Please visit the website for more information www.kal.org.uk

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
MONDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-11.00	Adult Learn 2 Swim 11.00-11.45	Aqua Fit 11.45-12.30	Aqua Relax 12.30-14.30				Length Swim 14.30-19.00 Public Swim 14.30-19.00			Aqua Combat 19.15-20.00	Community Club 20.00-21.00	
TUESDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-11.00	Adult Learn 2 Swim 11.00-12.30		Aqua Relax 12.30-13.30	KAL Swim Academy 13.30-14.30			Length Swim 14.30-19.00 Public Swim 14.30-19.00			Adult Learn 2 Swim 19.15-20.00	Ladies Only Swim 20.00-21.00	
WEDNESDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-10.00	Adult Learn 2 Swim 10.00-12.15		Aqua Relax 12.30-14.30				Length Swim 14.30-19.00 Public Swim 14.30-19.00			Ladies Learn 2 Swim 19.15-20.00	Aqua Relax 20.00-21.00	
THURSDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-10.30	Adult Learn 2 Swim 10.30-11.15	Aqua Fit 11.15-12.00	Aqua Relax 12.30-13.30	KAL Swim Academy 13.30-14.30			Length Swim 14.30-19.00 Public Swim 14.30-19.00			Aqua Fit 19.15-20.00	Ladies Only Swim 20.00-21.00	
FRIDAY		Length Swim 06.30-08.00			KAL Swim Academy 09.30-11.30		Aqua Med 11.30-12.15	Aqua Relax 12.30-14.30				Length Swim 14.30-19.00 Public Swim 14.30-19.00			Aqua Splash 19.00-20.30		
SATURDAY			KAL Swim Academy 07.30-11.00					Public Swim 11.15-16.15				KAL Swim Academy 16.30-19.30			Men's Community Swim 19.45-21.00		
SUNDAY					Public Swim 09.00-15.00						KAL Swim Academy 15.15-16.45		Ladies Learn 2 Swim 17.00-18.30	Ladies Community Swim 18.45-19.45		Ladies Only Swim 20.00-21.00	

COMPETITION POOL

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
MONDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00		Length Swim 09.00-12.00	School Swimming (Term Time) 09.00-12.00	Length Swim 12.00-13.00		Length Swim 13.00-15.45	School Swimming (Term Time) 13.00-15.45			Length Swim (2 Lanes) 15.45-20.30			Length Swim 20.30-22.00	Community Club 20.30-21.30	
TUESDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00 Swimfit 07.30-08.30		Length Swim 09.00-12.00	School Swimming (Term Time) 09.00-12.00	Length Swim 12.00-13.00		Length Swim 13.00-15.45	School Swimming (Term Time) 13.00-15.30			Length Swim (2 Lanes) 15.45-20.30			Length Swim 20.30-22.00	Community Club 20.30-21.30	
WEDNESDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00		Length Swim 09.00-12.00	School Swimming (Term Time) 09.00-12.00	Length Swim 12.00-13.00		Length Swim 13.00-15.45	School Swimming (Term Time) 13.00-15.30 College (1 Lane) 13.00-14.00			Length Swim (2 Lanes) 15.45-20.30			Length Swim 20.30-22.00		
THURSDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00 Swimfit 07.30-08.30		Length Swim 09.00-12.00	Private Hire 09.00-12.00	Length Swim 12.00-13.00		Length Swim 13.00-15.45	Private Hire 13.00-15.45			Length Swim (2 Lanes) 15.45-20.30			Length Swim 20.30-22.00		
FRIDAY	KAL Swim Performance 05.45-07.30	Length Swim 07.30-09.00		Length Swim 09.00-12.00	Private Hire 09.00-12.00	Length Swim 12.00-13.00		Length Swim 13.00-15.45	School Swimming (Term Time) 13.00-15.30			Length Swim (2 Lanes) 15.45-20.30			Length Swim 20.30-22.00		
SATURDAY		KAL Swim Performance 07.30-09.00		Length Swim 09.00-10.00 KAL Swim Performance (4 Lanes) 09.00-09.30		Length Swim 10.00-16.30						Length Swim 16.30-19.30		KAL Swim Academy 16.15 - 19.30			
SUNDAY				Length Swim 08.30-10.00		Length Swim 10.00-18.00							Length Swim 18.00-19.00		Aqua Fit 18.00-18.45	Length Swim 19.00-21.00	



HUDDERSFIELD
LEISURE CENTRE
**POOL
PROGRAMME**

Swimming is one of our most popular past times and our 'Just Swimming' sessions are great for people wanting to get into the water, whether it's for fun or for fitness.

Length Swim - A structured swim with lanes for various speeds/abilities. The number of lanes available will vary.

Public Swim - Sessions are open to all adults and children.

Fun /Family Swim - Fun pool sessions which may include toys and equipment open to families and children.

Mini Splash & Play - This is a fun session for families with children 5 years and under. Further information on sessions and admission policies: www.kal.org.uk/admissions

Adults programme delivered by fully qualified instructors with a range of classes for all abilities.

Be a Swimmer New to the pool? Need confidence and support? Then this is the lesson for you.

Be a Better Swimmer If you haven't been in the pool for a while and would like to improve your confidence and stroke technique come along to this lesson.

Be a Great Swimmer If you can already swim but would like to expand your knowledge and skills in the water then these lessons are great to improve and learn new techniques.

Ladies Learn 2 Swim - Ladies only adult swimming lessons. Please note there will not always be a female lifeguard supervising the pool.

KAL Swim Academy - Award winning Junior Swimming Lesson Programme delivers lessons for all ages and abilities following the ASA framework including Alpha awards for children with additional needs. KAL Swim Academy is also part of the Junior Membership which offers free swimming at all KAL pools.

- Ducklings - Parent & Child sessions aimed at 0-5 years.

- Stages 1-10 - Suitable for children of all abilities for ages 5yrs and above. Includes full range of aquatic skills and water safety.

KAL Swim Performance provides the training framework for athletes to train to the highest standards in British Swimming and long term athlete development. Athletes are invited to join the programme through talent identification.

Aquatic Fitness

Aqua Fit - Water based aerobic workout which is suitable for all levels of fitness.

Aqua Med - Aimed at people who are new to Aqua-classes, recovering from injuries and have pre-existing health conditions.

Swimfit - Adults only coach led or self-motivated sessions which give you the opportunity to increase your swimming fitness levels with the assistance of programme cards.

Aqua Combat - Explosive energetic pool session combining a mix of martial arts, combat and kick boxing.



SPLASH PARK PARTIES

1. Pre-book a minimum of 16 spaces for a party.

2. Hire the whole Splash Park

Enquiry number - 01484 766269

Saturday 09.00-09.45
18.15-19.00

Sunday 09.00-09.45
18.15-19.00

Wednesday 18.15-19.00

Friday 18:15-19:00

Monday - Friday 10:00 - 18:00	Slides open all day
Monday - Friday 09:00 - 10:00	Mini Splash & Play - This is a fun session for families with children 5 years and under.

Splash Park School Holiday Programme

Please check the KAL website prior to school holidays as the facilities may have amended opening hours. Sports camps may also use pool space.

Splash Park Opening Times - Term Time	
Monday - Friday 10.00 - 18.00	Slides open all day
Saturday & Sunday 10.00 - 18.00	Slides open all day
Bank Holidays 10.00 - 17.00	Slides open all day
Monday - Friday 10:00 - 12:00	Mini Splash & Play - This is a fun session for families with children 5 years and under.

SPLASH PARK

Specialist Sessions

Sessions have been developed within the programme to provide the opportunity for activities throughout the community.

Aqua Relax - This session is aimed at adults wanting to gain confidence in the pool and for people with a disability or impairment to take part in aquatic activity. Adult only public swim. Equipment provided and when possible relaxing music and lowered lighting to create an enjoyable experience.

Men's & Ladies Community Swim - Men's and Ladies only session. Swimmers of the opposite gender up to the age of 8 may attend.

Ladies Only Swim - These sessions are aimed for female adults only aged 14+.

Aqua Splash - Fun, Fun, Fun! Sessions aimed at young people with additional needs to bring their family for an Aquatics Fun Swim in a safe environment.

Private Hire

Pool Party & Pool Hire Availability
Community Club Hire

Private Hire - School Swimming - Please be aware that a length swim/public swim will take place in the competition pool 09:00-12:00 and 13:00-15:30 during Kirklees school holidays instead of school swimming.

For private hire please contact 01484 766269.

Useful Information

Training Pool Size: 20m x 8.5m and pool depth 0-1.8m movable floor.

Competition Pool: 25m x 17.5m and pool depth 1.1m - 1.8m.

Facilities: Family changing facilities with baby changing facilities in both male and female changing rooms. To operate the lockers customers need a £1 coin which is returnable.

Disabled access: Full disabled access to the building, disabled changing room and shower and unisex available.

Notes: Please note that pool change-overs are included within the timetable at the beginning of each session. All swimmers are asked to shower before entering the pool and to wear a swimming cap while using the pool. After each session all swimmers must exit the pool area before the next session commences. Timetables are subject to change without prior notice. Pool timetable changes will be found online and advertised in site.

No Shoe Policy: In order to keep our changing rooms clean and safe please remove all outdoor footwear prior to entering and leaving the poolside changing rooms.



Pool entry available via hoist

Huddersfield Leisure Centre

Spring Grove Street,
Huddersfield,
HD1 4BP

For more information

Call: 01484 766269

Email: huddersfield.lc@kal.org.uk

www.kal.org.uk

