

SMALL 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				Family Fun Swim 09.00-11.00		Public Swim 11.00-12.00 KAL Swim Academy 11.00-12.00		Mini Splash & Play 13.00-14.00		Family Fun Swim 14.30-16.00		KAL Swim Academy 16.00-19.00		Family Fun Swim 19.00-20.00			
TUESDAY				Mini Splash & Play 09.00-10.00	Family Fun Swim 10.00-12.00		Mini Splash & Play 12.00-13.00	Mini Splash & Play 13.00-14.00				KAL Swim Academy 16.00-20.00			Public Swim 20.00-20.30		
WEDNESDAY				Public Swim 09.00-12.00			Mini Splash & Play 12.00-13.00	Mini Splash & Play 13.00-14.00				Public Swim 16.00-17.00 KAL Swim Academy 16.00-17.00	Family Fun Swim 17.00-20.00				
THURSDAY				Mini Splash & Play 09.00-10.00	KAL Swim Academy 10.00-11.00	Public Swim 10.00-12.00	Family Fun Swim 12.00-14.00		Mini Splash & Play 14.00-15.00	Family Fun Swim 15.00-16.00		KAL Swim Academy 16.00-19.00					
FRIDAY				Family Fun Swim 09.00-12.00				Mini Splash & Play 13.00-14.00		Mini Splash & Play 14.30-15.30		KAL Swim Academy 16.00-17.30	Family Fun Swim 17.30-20.00				
SATURDAY				KAL Swim Academy 08.00-12.00			Public Swim 12.00-13.30		Fun Swim (Slide) 13.30-15.00					Fun Swim 18.15-19.45	Men's Community Family Swim 19.45-21.15		
SUNDAY				Family Fun Swim 09.00-10.30	Public Swim 10.30-12.00		Fun Swim (Slide) 12.00-14.00			Fun Swim 14.30-16.00				Public Swim 18.30-19.30	Ladies Community Family Swim 19.45-21.15		

MAIN 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		Length Swim 06.30-09.00		Adult Swim (2 Lanes) 09.00-12.00 School Swimming (4 Lanes) 09.00-12.00			Length Swim 12.00-13.15	Adult Swim (2 Lanes) 13.15-15.15 School Swimming (4 Lanes) 13.15-15.15		Length Swim 15.15-16.00	Public Swim 16.00-17.00	KAL Swim Academy 17.00-19.30	Community Club Hire (3 Lanes) 18.30-19.30	Aqua Fit 19.30-20.15	Length Swim 20.15-21.30		Community Club Hire 21.30-22.30
TUESDAY		Length Swim 06.30-09.00		Adult Swim (2 Lanes) 09.00-12.00 School Swimming (4 Lanes) 09.00-12.00			Length Swim 12.00-13.15	Adult Swim (2 Lanes) 13.15-15.15 School Swimming (4 Lanes) 13.15-15.15		Length Swim 15.15-16.00		KAL Swim Academy 16.00-19.00		Length Swim (Half Pool) 19.00-20.30		Community Club Hire 20.30-22.30	
WEDNESDAY		Length Swim 06.30-09.00		Adult Swim (2 Lanes) 09.00-12.00 School Swimming (4 Lanes) 09.00-12.00			Length Swim 12.00-13.30	Adult Swim (2 Lanes) 13.30-14.30 School Swimming (4 Lanes) 13.15-14.30		Length Swim 14.30-16.00		Public Swim (4 Lanes) 16.00-18.00 KAL Training Academy (2 Lanes) 17.00-18.00	Adult Swim (Half Pool) 18.00-19.00 Adult Learn 2 Swim (Half Pool) 18.15-19.00	Men's Adult Learn 2 Swim 19.00-19.45 Men's Length Swim (2 Lanes) 19.00-19.45		Length Swim 20.00-21.15	Community Club Hire 21.30-22.45
THURSDAY		Length Swim 06.30-09.00		Adult Swim 09.00-12.00			Length Swim 12.00-13.45	Adult Swim (3 Lanes) 13.45-16.00 Aqua Med (3 Lanes) 13.45-14.30 Community Club Hire (3 Lanes) 14.30-16.00				KAL Swim Academy 16.00-19.00		Community Club Hire 19.00-21.00		Ladies Adult Learn 2 Swim 21.15-22.00 Ladies Deep Swim 21.15-22.00	
FRIDAY		Length Swim 06.30-09.00		Adult Swim (2 Lanes) 09.00-12.00 School Swimming (4 Lanes) 09.00-12.00			Length Swim 12.00-13.15	Adult Swim (2 Lanes) 13.15-15.15 School Swimming (4 Lanes) 13.15-15.15		Length Swim 15.15-16.00		KAL Swim Academy 16.00-19.30		Length Swim (3 Lanes) 18.00-19.30		Length Swim 19.30-22.30	
SATURDAY				KAL Swim Academy 08.00-12.30			Public Swim 12.00-13.30	Fun Swim (Slide) 13.30-15.00						Fun Swim 18.15-19.45	Men's Community Family Swim 19.45-21.15		
SUNDAY				Length Swim 08.00-10.30	Public Swim 10.30-12.00		Fun Swim (Slide) 12.00-14.00			Fun Swim 14.30-16.00		Community Club Hire 16.30-17.30		Length Swim 17.30-19.30	Ladies Community Family Swim 19.45-21.15		



DEWSBURY SPORTS CENTRE POOL PROGRAMME



Just Swimming

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.

Fun Swim (Slide) - Children must be over 1m to use the slide in this session

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

Learn 2 Swim Adults

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.

Men's & Ladies Learn 2 Swim - Men and Ladies only adult swimming lessons.

Learn 2 Swim Babies & Junior

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 over. Includes full range of aquatic skills and water safety.

KAL Training Academy - Introduction into competitive swimming.

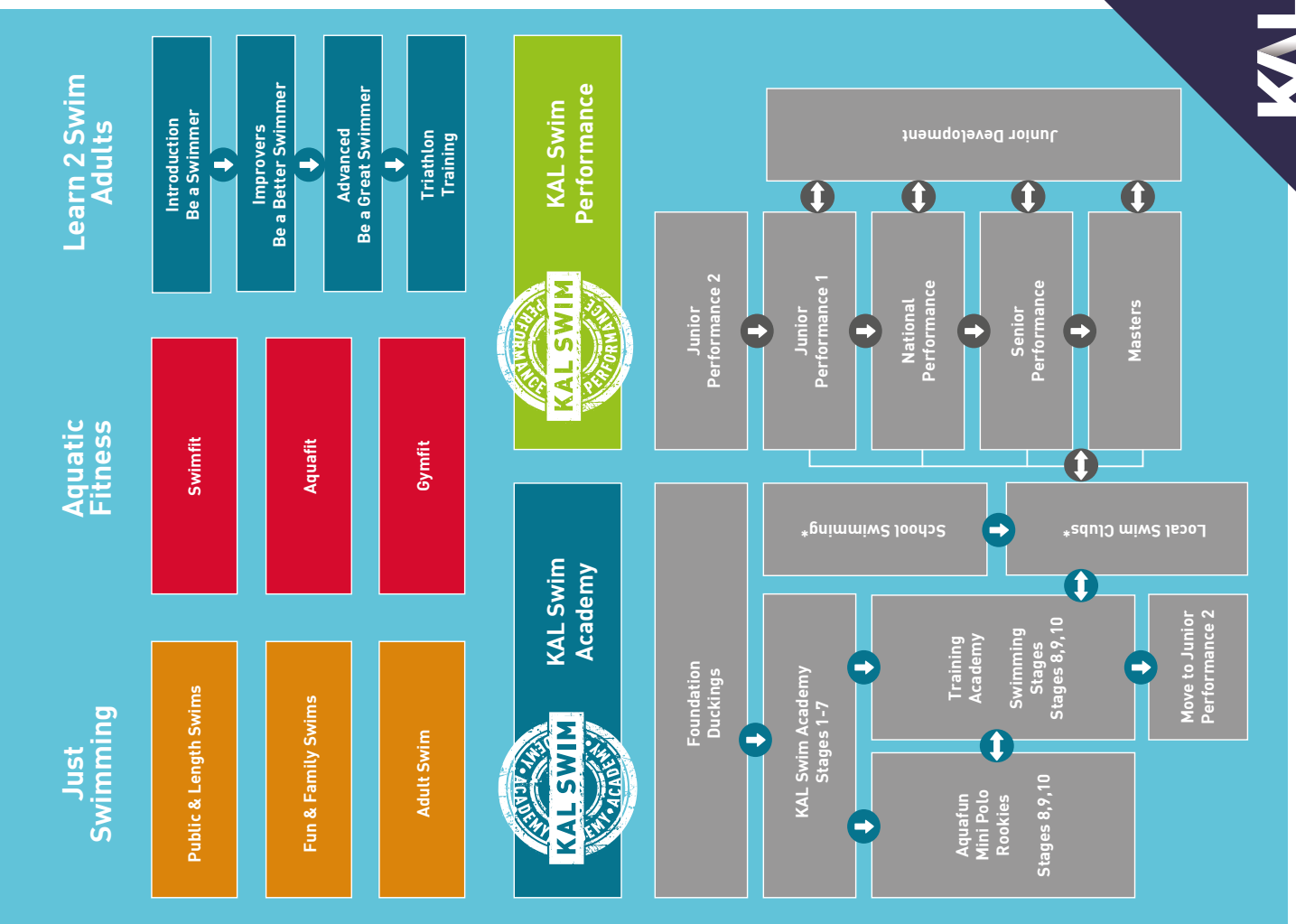
Aquatic Fitness

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

Gymfit - Coach led high intensity workout, taking your gym style workout to the pool.



Specialist Sessions

Aquababies - A drop in session aimed at parents and children (0-5yrs). To develop water confidence in a fun and enjoyable environment with instructor led activities.

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

Men's Community Family Swim - These sessions are aimed for men and children. Swimmers of the opposite gender up to the age of 8 may attend.

Ladies Community Family Swim - These sessions are aimed for women and children. Swimmers of the opposite gender up to the age of 8 may attend.

Adult Swim - This is an adult only session. Children are not permitted.

Men's & Ladies Length Swim - Men's & Ladies only length swims

Private Hire

Pool Party & Pool Hire Availability
Community Club Hire
Lane Hire Available
School Swimming

For private hire please contact 01924 565254

Useful Information

Small Pool Size: 12m x 10.5m and pool depth 0.65m - 0.8m

Main Pool Size: 33.3m x 12.8m and pool depth 0.9m - 2m

Facilities: Baby changing facilities in both male and female changing rooms and coin operated hairdryers. 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 changing 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 entry available via hoist

Dewsbury Sports Centre

Longcauseway,
Dewsbury,
WF12 8EN

For more information
Ring: 01924 565254
Email: dewsbury.sc@kal.org.uk
www.kal.org.uk

