

|           | Morning                     |                            |                              |                         | Afternoon                  |                               |  |                               | Evening                       |                               |                              |                            |                         |                       |  |
|-----------|-----------------------------|----------------------------|------------------------------|-------------------------|----------------------------|-------------------------------|--|-------------------------------|-------------------------------|-------------------------------|------------------------------|----------------------------|-------------------------|-----------------------|--|
| Monday    | 07.45-09.00<br>Length Swim  | 09.00-12.00<br>Schools     |                              |                         | 11.15-12.00<br>Aqua Med    | 13.30-15.30<br>Sitara         |  | 14.30-15.15<br>Sitara Aquafit | 16.00-17.00<br>Public Swim    | 17.00-18.30<br>Fun 4 All      | 18.30-19.30<br>Length Swim   | 20.00-20.30<br>Sitara      |                         |                       |  |
| Tuesday   | 07.45-09.00<br>Length Swim  | 09.00-12.00<br>Schools     |                              |                         | 12.00-13.15<br>Length Swim | 13.15-16.00<br>Schools        |  |                               | 16.00-17.30<br>Public Swim    | 17.30-19.00<br>Fun 4 All      | 19.00-20.00<br>Length Swim   | 20.00-21.00<br>Mencap      |                         |                       |  |
| Wednesday | 07.45-09.00<br>Length Swim  | 09.00-12.00<br>Schools     |                              |                         | 12.00-13.15<br>Length Swim | 13.30-15.30<br>Sitara         |  | 14.30-15.15<br>Sitara Aquafit | 16.30-18.45<br>Junior Lessons | 16.30-18.45<br>Junior Lessons | 18.45-19.30<br>Adult Lessons | 20.00-20.45<br>Sitara      |                         | 20.00-22.00<br>Sitara |  |
| Thursday  | 07.45-09.00<br>Length Swim  | 09.00-12.00<br>Schools     |                              |                         | 12.00-13.15<br>Length Swim | 13.15-16.00<br>Schools        |  | 16.00-17.00<br>Public Swim    | 17.00-18.30<br>Length Swim    | 18.30-20.00<br>Public Swim    |                              | 20.00-21.00<br>Length Swim | 21.00-22.00<br>Octopush |                       |  |
| Friday    | 07.45-09.00<br>Length Swim  |                            | 10.00-11.00<br>Mainly Ladies | 11.15-12.00<br>Aqua Med | 12.00-13.15<br>Length Swim | 13.15-16.00<br>Schools        |  | 16.00-17.00<br>Public Swim    | 17.00-18.00<br>Length Swim    | 18.00-19.00<br>Staff Training | 19.00-20.30<br>Canoe Club    |                            | 20.30-21.30<br>Octopush |                       |  |
| Saturday  | 08.30-12.30<br>Swim Lessons |                            |                              |                         | 12.30-13.30<br>Public Swim | 13.30-15.30<br>Junior Lessons |  | 15.30-16.30<br>Length Swim    |                               |                               |                              |                            |                         |                       |  |
| Sunday    |                             | 09.30-10.30<br>Public Swim |                              | 11.00-13.00<br>Sitara   | 11.00-13.00<br>Sitara      | 13.00-15.00<br>Adult Lessons  |  | 15.15-17.00<br>Teen Sitara    |                               | 17.30-18.30<br>Octopush       |                              |                            |                         |                       |  |

LENGTH
JUNIOR
SCHOOL SWIM
LADIES
FUN SWIM
ADULT
CLUB SWIM
PUBLIC

Kirklees have the right to make amendments to the timetable where ever necessary

For further information please call 01924 326 167 or visit [www.kirkleesactive.co.uk](http://www.kirkleesactive.co.uk)

## sessiondescriptions

**Public** - Public swims are open to the public.

**Length Swims** - Length swims are structured sessions which offer a controlled lane environment. Some of our Centres offer a Train Lane option where you can pick up a training session to keep you motivated (for details please ask your local centre).

**Swimming Lesson Programme** - Our Swimming Lesson Programmes are instructor led and are aimed at adults and juniors. These lessons include Junior Lessons, Adult Swimming Programmes, Triathlon Training and Water Polo.  
**Water Babies** - A drop in swim session for under 5's. An instructor may be present.

**Fun Sessions** - Our fun sessions include:

**Fun 4 All** sessions are open fun sessions for everyone and includes 'Grab and Splash'.

**Family Fun** sessions are open fun sessions specifically aimed at families (access to these sessions is exclusively for groups consisting of adults and children).

**Aqua Active** sessions are aimed at children and include Splat Sessions, Water Polo, Junior Octopush, Walk on Water Balls, Sea Scooters, Teen Aqua and many more (these sessions will vary at each site).

**Under 5's** are fun sessions specifically aimed at under 5's and include Swim and Song Sessions, Water Babies (Instructors may be present at these sessions).

**Adults Sessions** - Adult sessions include:

**Warmer Water** sessions are held in the warmer small pool and are designed to encourage the benefits of water movements in a warmer environment.

**Relax** sessions are aimed at adults wishing to relax in an informal atmosphere with calming music. Swimming aids are available on request. (only available at certain Centres please ask at reception for further details)

**Aqua Fit** sessions are available for all levels and include Aqua Med, this workout is ideal for rehabilitation and a re-introduction to exercise. Aqua Deep is a water based workout in deep water and Aqua Natal is a water based workout for natal and post natal ladies. **Inclusive Members** sessions are pool areas provided for 'more' members, PALS and OWLS.

**Members** sessions are pool areas provided for 'more' members only.

**Ladies** - Lady sessions include Sitara and Mainly Ladies, both offer a welcoming atmosphere, aimed at female swimmers only.

**Club Swim** - Our club swim sessions are pre-booked training sessions for our local Swimming Clubs.

## usefulinformation

- Pool size - 23m x 10m and pool depth 0.9m - 1.8m
- Other facilities - Baby changing facilities in both male and female changing rooms and coin operated hair dryers. A £1.00 returnable fee is required for the lockers.
- Notes - Please note that pool change-overs are included within the timetable at the beginning of each session. This usually takes a few minutes but on occasions could be longer. All swimmers are asked to wear a swimming cap while using the pool. Customers must abide by the terms and conditions which are available at your local centre.
- Centre Rules and Regulations apply.
- Admissions Policy applies.

### Information for all sessions

Our programme has been designed to provide opportunities for the community to access a variety of sessions, after each session all swimmers must exit the pool area before the next session commences.

For further information about any of our sessions please ask at reception or call 01924 326 167.

Please note that some of our sessions are courses and must be pre-booked.

**Batley Baths**  
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Ref: KAL-SP09. All information correct at time of print.  
Kirklees Active Leisure is a charitable trust.



swimprogramme

batleybaths



kirkleesactiveleisure

more people more active more often