

# Harrogate Leisure and Wellbeing Hub pool programme

Monday 30th December 2024 to Monday 6th January 2025

## Main pool

	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm
<b>Monday 30th December</b>		General swim 7 - 10am			Lane swim 10 - 11am		General swim 11am - 1.45pm				Fun session 2 - 3.30pm		CLOSED																	
	* Lane swim 6.30am - 1.45pm																													
<b>Monday 6th January</b>		General swim 7am - 2pm						* Lane swim 6.30am - 2pm						Staff training 2 - 4pm		Learn to swim 4 - 7pm			General swim 7-8pm		Adult lessons 8 - 9pm									
															* Lane swim 4 - 9pm															
<b>Tuesday</b>		General swim 7 - 10am			Lane swim 10 - 11am		General swim 11am - 1.45pm			CLOSED																				
	* Lane swim 7am - 1.45pm																													
<b>Wednesday New Years Day</b>	CLOSED																													
<b>Thursday</b>		General swim 6.30 - 10am			Lane swim 10 - 11am		General swim 11am - 1.45pm				Fun session 2 - 3.30pm			General swim 4 - 9pm																
	* Lane swim 6.30am - 1.45pm														* Lane swim 4 - 9pm															
<b>Friday</b>		General swim 6.30 - 10am			Lane swim 10 - 11am		General swim 11am - 1.45pm				Fun session 2 - 3.30pm			General swim 4 - 7pm																
	* Lane swim 6.30am - 1.45pm														* Lane swim 4 - 7pm															
<b>Saturday</b>	All pools CLOSED for Harrogate Swim Club Gala																													
<b>Sunday</b>	All pools CLOSED for Harrogate Swim Club Gala																													

Programme subject to change. We run an alternative programme during school holidays. \*45 minute session available for members to book via the Active North Yorkshire app.

# Harrogate Leisure and Wellbeing Hub pool programme

Monday 30th December 2024 to Monday 6th January 2025

# Activity pool

	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm		
<b>Monday 30th December</b>													<b>AquaFit</b> 12.30 - 1.15pm		<b>Fun session</b> 2 - 3.30pm	<b>CLOSED</b>																
<b>Monday 6th January</b>													<b>AquaFit</b> 12.30 - 1.15pm		<b>Staff training</b> 2 - 4pm	<b>Learn to swim</b> 4 - 5pm	<b>Dive squads</b> 5 - 8pm		<b>AquaFit</b> 8.15 - 9pm													
<b>Tuesday</b>									<b>General diving</b> 10am - 12 noon	<b>CLOSED</b>																						
<b>Wednesday New Years Day</b>	<b>CLOSED</b>																															
<b>Thursday</b>									<b>Accessible Swim</b> 11am - 12noon													<b>Fun session</b> 2 - 3.30pm		<b>Dive squads</b> 4 - 7pm								
<b>Friday</b>													<b>AquaFit</b> 12noon - 12.45pm		<b>Fun session</b> 2 - 3.30pm																	
<b>Saturday</b>	All pools <b>CLOSED</b> for Harrogate Swim Club Gala																															
<b>Sunday</b>	All pools <b>CLOSED</b> for Harrogate Swim Club Gala																															

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# Harrogate Leisure and Wellbeing Hub pool programme

Monday 30th December 2024 to Monday 6th January 2025

## Learner pool

	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm
Monday 30th December							General swim 9am - 1.45pm								Fun session 2 - 3.30pm															
Monday 6th January							General swim 9am - 1.45pm								Staff training 2 - 4pm		Learn to swim 4 - 6pm		General swim 6 - 7pm											
Tuesday							General swim 9am - 1.45pm						CLOSED																	
Wednesday New Years Day	CLOSED																													
Thursday							General swim 9am - 1.45pm								Fun session 2 - 3.30pm				General swim 4 - 7pm											
Friday							General swim 9am - 1.45pm								Fun session 2 - 3.30pm				General swim 4 - 7pm											
Saturday	All pools CLOSED for Harrogate Swim Club Gala																													
Sunday	All pools CLOSED for Harrogate Swim Club Gala																													

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