

Knarborough Leisure and Wellbeing Hub pool programme

Monday 23rd December to Sunday 29th December 2024

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						
Monday	General swim 6.30am - 12noon												Aquafit 12noon - 12.45pm	Fun session 1 - 2.30pm						General swim 2.45 - 6pm						Swim squads 6 - 9pm										
	* Lane swim 6.30 - 10am						Aquatic therapy 10 - 11am			* Lane swim 11am - 12.30pm			* Lane swim 2.45 - 6pm																							
Tuesday	General swim 7 - 2am												* Lane swim 7am - 2pm												CLOSED											
Wednesday Christmas Day	CLOSED																																			
Thursday Boxing Day	CLOSED																																			
Friday	General swim 7am - 12noon												Aquafit 12noon - 12.45pm	Fun session 1 - 2.30pm						General swim 2.45 - 4pm						CLOSED										
	* Lane swim 7am - 12.30pm												* Lane swim 2.45 - 4pm																							
Saturday	Swim squads 6.30 - 8.30am			General swim 8.30 - 9.45am			General swim 10 - 11.15am			General swim 11.30am - 12.45pm			Fun session 1 - 2.30pm						General swim 2.45 - 4pm						CLOSED											
	* Lane swim 7am - 12.45pm												* Lane swim 2.45 - 4pm																							
Sunday	General swim 7 - 9.45am						General swim 10 - 11.15am			General swim 11.30am - 12.45pm			Fun session 1 - 2.30pm						General swim 2.45 - 4pm						CLOSED											
	* Lane swim 7am - 12.45pm												* Lane swim 2.45 - 4pm																							

Programme subject to change. We run an alternative programme during school holidays. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

Knarborough Leisure and Wellbeing Hub pool programme

Monday 23rd December to Sunday 29th December 2024

Leisure 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							Toddler swim 9 - 10am		General swim 10am - 12noon			Toddler swim 12noon - 12.45pm			Fun session 1 - 2.30pm																General swim 2.45 - 8pm
Tuesday							Toddler swim 9 - 10am		General swim 10am - 2pm								CLOSED														
Wednesday Christmas Day	CLOSED																														
Thursday Boxing Day							Toddler swim 9 - 10am		General swim 10am - 12.45pm						Fun session 1 - 2.30pm				General swim 2.45 - 4pm		CLOSED										
Friday							Toddler swim 9 - 10am		General swim 10am - 12.45pm						Fun session 1 - 2.30pm				General swim 2.45 - 4pm		CLOSED										
Saturday								General swim 8.30 - 9.45am		General swim 10 - 11.15am		General swim 11.30am - 12.45pm			Fun session 1 - 2.30pm				General swim 2.45 - 4pm		CLOSED										
Sunday								General swim 8.30 - 9.45am		General swim 10 - 11.15am		General swim 11.30am - 12.45pm			Fun session 1 - 2.30pm				General swim 2.45 - 4pm		CLOSED										

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