Knaresborough Leisure and Wellbeing Hub pool programme Monday 30th December 2024 to Monday 6th January 2025



	6.30 7 7.30 8 8.30 9 am	9 9.30 10 10.30 11	11.30 12 12.30 noon	1 1.30 2 2.3) 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 Aquafit 6.30am - 12noon 12 -12.45pm * Lane swim Aqua therapy * Lane swim 6.30 - 10am 10 - 11am 11am - 12.30pm			Fun session 1 - 2.30pm	General swim 2.45 - 4pm * Lane swim 2.45 - 4pm							
Monday 6th January	Ger 6.30c * Lane swim 6.30 - 10am	Fun session 1 – 2.30pm		General swim 2.45 - 4pmLearn to swim 4 - 6pm* Lane swim 2.45 - 6pm				Swim squads 6 - 9pm				
Tuesday			CLOSED									
Wednesday New Years Day	CLOSED											
Thursday	General swim 6.30 - 9am 6.3	Fun session 1 - 2.30pm		General swim 2.45 - 9pm * Lane swim 2.45 - 9pm								
Friday	6.30c	Fun session 1 - 2.30pm		General swim 2.45 - 9pm * Lane swim 2.45 - 9pm								
Saturday	Swim squads Gene 6.30 - 8.30am 8.30 -	Fun session 1 - 2.30pm	General 2.45 - 4 * Lane s 2.45 - 4	4pm swim	CLOSED							
Sunday	General swim General swim General swim General swim General swim II.30am - 12.45pm * Lane swim 6.30am - 12.45pm 12.45pm 12.45pm 12.45pm			Fun session 1 - 2.30pm	2.45 - 4 * Lane s	2.45 - 4pm 2.45 - 4pm 2.45 - 4pm						
(6.30 7 7.30 8 8.30 9 9.30 10 10.30 11 11.30 12 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 am pgramme 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											



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Knaresborough Leisure and Wellbeing Hub pool programme Monday 30th December 2024 to Monday 6th January 2025

10 12.30 4.30 5 5.30 9 6.30 7 7.30 8 8.30 9 9.30 10.30 -11 11.30 12 1.30 2 2.30 3 3.30 4 6 6.30 7 7.30 8 8.30 am noon pm Toddler Monday Toddler General swim Fun session General swim swim swim 30th 10am - 12noon 2.45 - 4pm 12noon -1 - 2.30pm 9 - 10am December 12.45pm Monday General **General swim** Learn to swim General swim Fun session Learn to swim 6th swim 9 - 11am 11am - 12.45pm 1 - 2.30pm 2.45 - 4pm 4 - 7pm 7 - 8pm January Toddler General swim CLOSED swim Tuesday 10am - 2pm 9 - 10am Wednesday **CLOSED New Years** Day Toddler General swim Fun session General swim swim Thursday 10am - 12.45pm 1 - 2.30pm 2.45 - 8pm 9 - 10am Toddler **General swim** Fun session General swim swim Friday 10am - 12.45pm 1 - 2.30pm 2.45 - 8pm 9 - 10am General swim General swim General swim Fun session General swim CLOSED 11.30am -Saturday 8.30 - 9.45am 10 - 11.15am 1 - 2.30pm 2.45 - 4pm 12.45pm General swim General swim **General swim** Fun session General swim CLOSED 11.30am -Sunday 8.30 - 9.45am 10 - 11.15am 1 - 2.30pm 2.45 - 4pm 12.45pm 7 7.30 8 10 10.30 12 12.30 1.30 2 2.30 3 3.30 4.30 7.30 8 8.30 9 6.30 8.30 9 9.30 11 11.30 5 5.30 6 6.30 7 am noon pm Programme subject to change. We run an alternative programme during school holidays.



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Leisure pool