

Knarborough 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
Monday 30th December	General swim 6.30am - 12noon												Aquafit 12-12.45pm	Fun session 1 - 2.30pm	General swim 2.45 - 4pm		CLOSED													
	* Lane swim 6.30 - 10am				Aqua therapy 10 - 11am		* Lane swim 11am - 12.30pm				* Lane swim 2.45 - 4pm																			
Monday 6th January	General swim 6.30am - 12noon												Aquafit 12-12.45pm	Fun session 1 - 2.30pm	General swim 2.45 - 4pm		Learn to swim 4 - 6pm		Swim squads 6 - 9pm											
	* Lane swim 6.30 - 10am				Aqua therapy 10 - 11am		* Lane swim 11am - 12.30pm				* Lane swim 2.45 - 6pm																			
Tuesday	General swim 7 - 2am												CLOSED																	
* Lane swim 7am - 2pm																														
Wednesday New Years Day	CLOSED																													
Thursday	General swim 6.30 - 9am				General swim 9am - 12.30pm								Fun session 1 - 2.30pm	General swim 2.45 - 9pm																
	* Lane swim 6.30am - 12.30pm													* Lane swim 2.45 - 9pm																
Friday	General swim 6.30am - 12noon												Aquafit 12-12.45pm	Fun session 1 - 2.30pm	General swim 2.45 - 9pm															
	* Lane swim 6.30am - 12.30pm												* Lane swim 2.45 - 9pm																	
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 6.30am - 12.45pm												* Lane swim 2.45 - 4pm																	
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																
	* Lane swim 6.30am - 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 30th December 2024 to Monday 6th January 2025

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 30th December						Toddler swim 9 - 10am			General swim 10am - 12noon			Toddler swim 12noon - 12.45pm			Fun session 1 - 2.30pm				General swim 2.45 - 4pm												
Monday 6th January							Learn to swim 9 - 11am			General swim 11am - 12.45pm					Fun session 1 - 2.30pm				General swim 2.45 - 4pm							Learn to swim 4 - 7pm		General swim 7 - 8pm			
Tuesday						Toddler swim 9 - 10am			General swim 10am - 2pm												CLOSED										
Wednesday New Years Day	CLOSED																														
Thursday						Toddler swim 9 - 10am			General swim 10am - 12.45pm						Fun session 1 - 2.30pm						General swim 2.45 - 8pm										
Friday						Toddler swim 9 - 10am			General swim 10am - 12.45pm						Fun session 1 - 2.30pm						General swim 2.45 - 8pm										
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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