

# Pateley Bridge Leisure and Wellbeing Hub pool programme

Monday 30th December 2024 to Monday 6th January 2025

	7 am	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 pm	
<b>Monday 30th December</b>	Lane swim 7 - 7.45am		General swim 7.45 - 9.30am			Adult swim 9.30 - 11am			General swim 11am - 2pm				Family swim 2 - 3.45pm																
<b>Monday 6th January</b>	Lane swim 7 - 7.45am		General swim 7.45 - 9.30am			Adult lessons 9.30 - 11am			General swim 11am - 2pm				Family swim 2 - 3.45pm			Learn to swim 4 - 6.30pm				Aquafit 6.45 - 7.30pm			Lane swim 7.30 - 8.30pm						
<b>Tuesday</b>	Lane swim 7 - 7.45am		General swim 7.45 - 9am		Aquacore 9 - 9.45am	* Social swim 9.45 - 11am			General swim 11am - 2pm			CLOSED																	
<b>Wednesday New Years Day</b>	CLOSED																												
<b>Thursday</b>	Lane swim 7 - 7.45am		General swim 7.45 - 9.30am		Aquafit 9.30 - 10.15am	General swim 10.15am - 2pm				Family swim 2 - 3.45pm			General swim 4 - 7pm				Lane swim 7.30 - 8.30pm												
<b>Friday ON</b>	Lane swim 7 - 7.45am		General swim 7.45 - 9.30am		Aqua circuits 9.30 - 10.15am	Adult swim 10.15 - 11.30am			General swim 11.30am - 2pm				Family swim 2 - 3.45pm			General swim 4 - 6pm		Pool party 6 - 7.15pm		Lane swim 7.30 - 8.30pm									
<b>Saturday</b>			Swim fit 8 - 9am		General swim 9am - 12noon				Family swim 12.45 - 2pm		We operate a no shoes policy in the changing area and on poolside. Shoe covers are available from reception.																		
<b>SundayN</b>			Lane swim 8 - 9am		General swim 9am - 12noon				Family swim 12.45 - 2pm		* Social swim - a gentle splash free session ** Family fun with small pool toys *** For children over 8 years																		

Programme subject to change. We run an alternative programme during school holidays.