### Harrogate Leisure and Wellbeing Hub pool programme From Tuesday 7th January 2025

## **Main pool**

	6.30 7 7.30 8 8.30 am	9 9.30 10 10.30 11 11.30 12 noi		2 2.30 3 3.30	4 4.30 5 5.30 6	6.30 7 7.30 8 8.30 9 pn					
Monday	<b>General swim</b> 7 - 8.45am	<b>Schools</b> 9.15 - 11.15am	<b>Lane swim</b> 11.45am - 2pm	<b>Staff Training</b> 2 - 4pm	<b>Learn to swim</b> 4 - 7pm	General swim 7 - 8pm General swim 7 - 9pm					
		* Lane swim 6.30am - 2pm			* Lane s	* Lane swim 4 - 9pm					
	<b>General swim</b> 7 - 8.45am	<b>Schools</b> 9.15 - 11.45am	<b>General swim</b> 12noon - 2pm	Lane swim 2 - 3.45pm Lane swim	<b>Learn to swim</b> 4 - 6pm	Squads					
Tuesday			6 - 9pm								
	<b>General swim</b> 7 - 8.45am	<b>General swim</b> 9.15am - 12noon	hools 2.45pm	<b>General swim</b> 3 - 9pm							
Wednesday		<b>* Lane swim</b> 6.30am - 4pm			Learn to swimSquads* L4 - 6pm6 - 8pm8						
Thursday	<b>General swim</b> 7 - 8.45am	<b>General swim</b> 9.15am – 12noon		hools 2.45pm General swim 3 - 4pm		General swim Adult lessons 7- 8pm 8 - 9pm General swim 7 - 9pm					
			* Lane swim 6.3	30am - 9pm							
	<b>General swim</b> 7 - 9am	<b>Schools</b> 9am -12noon	<b>General swim</b> 12noon - 2pm	<b>Lane swim</b> 2 - 3.45pm	<b>Learn to swim</b> 4 - 7pm	<b>General swim</b> 7 - 8pm					
Friday		* Lane swim 6.30am - 6.30pm									
0 sets and an a	<b>* Lane swim</b> 6.30 - 8.30am	<b>Learn to swim</b> 8.30 - 12 noon	* Lane swim 12noon - 1pm Fun	session Party hire							
Saturday	<b>Squads</b> (half pool) 7 - 8.30am	<b>General swim</b> 8.45am - 1pm	1.15 -	2.45pm 3 - 4pm	4.30 - 6pm						
Sunday	<b>General swim</b> 6.30 - 8.30am	<b>General swim</b> 8.30am - Ipm		session Party hir		Squads					
		<b>* Lane swim</b> 6.30am - 1pm	1.15 -	2.45pm 3 - 4pm	4.30 - 6pm	7 – 9pm					
	6.30 7 7.30 8 8.30 am	9 9.30 10 10.30 11 11.30 12 not		2 2.30 3 3.30	4 4.30 5 5.30 6	6.30 7 7.30 8 8.30 9 pn					
roaramme sub	piect to change. We run an alt	ernative programme during school hol	idays. *45 minute s	ession available for me	embers to book via the Active N	orth Yorkshire app.					



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### Harrogate Leisure and Wellbeing Hub pool programme From Tuesday 7th January 2025

# **Activity pool**

	6.30 7 7.30 am	88	8.30 9	9.30 10	10.30 1	11 11.30 1 1	12 noon ı	12.30 1	1.3	30 2	2.30	3	3.30 4	4.30 E	5 5.30	6 6.30 1 I	7 1	7.30	8	8.30 9 p	9 m !
Monday					<b>Schools</b> 5 - 11.45am	ı		<b>Aquafit</b> 12.15 - 1pm	<b>Staff training</b> 1 - 4pm						<b>squads/ lessons</b> 5 - 8pm			<b>Aquafit</b> 8.15 - 9pm			
Tuesday					<b>Schools</b> 5 - 11.45am	1		ccessible swim 2 noon - 1pm				l (	Aqua Natal Good Boost 3 - .45pm	<b>Learn t</b> e 4 - 6				<b>Squads</b> 6 - 9pm			
Wednesday				<b>Aquafit</b> 9.30 - 10.15pm			<b>Aqua</b> 11.45ar 12.30p	n -		<b>School</b> 1.15 - 2.45				<b>Learn to</b> swim 4 - 5pm	Divir	<b>ig lessons/</b> 5 - 8pm		ds		<b>Aquafit</b> 8.15 - 9pm	
Thursday				<b>Adult</b> lesson 9.30 - 10.30ar	s	Accessit swim 11am - 12 noor		<b>Aquafit</b> 12.15 - 1pm		<b>Schools</b> 1.15 - 2.45pm				<b>Learn to swim</b> 4 - 6pm		<b>Diving lessons/</b> squads 6 - 7.45pm					
Friday				0 15 12 poop		12n	<b>juafit</b> 100n - 45pm	<b>Good</b> <b>Boost</b> 1.45 - 2.30pm		<b>Learn to swir</b> 4 - 7pm		ו		Genera diving 7.15 - 8pm							
Saturday				<b>Learn to swim</b> 8.30am - 1pm						<b>Fun sess</b> 1.15 - 2.45			<b>Party hire</b> 3 - 4pm	<b>Party hir</b> 4.15 - 5.15p	<b>e</b> om						
Sunday				<b>Learn to swin</b> 8.30 - 11am	า			<b>essons/squads</b> am - 1pm		<b>Fun session</b> 1.15 - 2.45pm				<b>Diving lessons/squads</b> 3 - 6pm							
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 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.																					



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### Harrogate Leisure and Wellbeing Hub pool programme From Tuesday 7th January 2025

### **Learner pool**

	6.30 7 7.30 8 8.30 am	9 9.30 10 10.30 1		12 12.30 1 oon	1.30 '	2 2.30 	3 3.30	4 4.30 5 5.30	6 6.30 <sup>-</sup>	7 7.30 E	8.30 9 pm
Monday		<b>Schools</b> 9.15 - 11.45am		<b>Genera</b> 12noon			<b>f training</b> - 4pm	<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm		
Tuesday		<b>Schools</b> 9.15 - 11.45am				<b>swim</b> 3.45pm		<b>Learn to swim</b> 4 - 6pm			
Wednesday		<b>Learn to swim</b> 9 - 11.30am				<b>iools</b> 2.45pm	General swim 3 - 3.45pm	<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm		
Thursday		<b>Learn to swim</b> 9 - 11.30am		<b>General swim</b> 11.30am - 1pm		<b>Schools</b> 1.15 - 2.45pm		<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm		
Friday		<b>Schools</b> 9.15 - 11.30am			<b>General swir</b> 2noon – 3pr			<b>Learn to swir</b> 4 - 7pm	n	<b>General</b> swim 7 - 8pm	
Saturday		<b>Learn to swim</b> 8.30 - 11am		<b>eral swim</b> am - 1pm	Fun session 1.15 - 2.45pm		<b>Party hire</b> 3 - 4pm				
Sunday			<b>General swim</b> 9am - 1pm				<b>Party hire</b> 3 - 4pm				
	6.30 7 7.30 8 8.30 am ject to change. We run an alte	9 9.30 10 10.30 1 rnative programme durir	n	12 12.30 1 oon olidays. *4		2 2.30 ession avail	3 3.30	4 4.30 5 5.30 nbers to book via the Acti	6 6.30		8 8.30 9 pm



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