

# Harrogate Leisure and Wellbeing Hub pool programme

## From Tuesday 7th 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		General swim 7 - 8.45am			Schools 9.15 - 11.15am				Lane swim 11.45am - 2pm			Staff Training 2 - 4pm		Learn to swim 4 - 7pm			General swim 7 - 8pm		General swim 7 - 9pm											
	* Lane swim 6.30am - 2pm												* Lane swim 4 - 9pm																	
Tuesday		General swim 7 - 8.45am			Schools 9.15 - 11.45am				General swim 12noon - 2pm			Lane swim 2 - 3.45pm		Learn to swim 4 - 6pm		Squads 6 - 9pm														
	* Lane swim 6.30am - 5.45pm																													
Wednesday		General swim 7 - 8.45am			General swim 9.15am - 12noon				Lane swim 12noon - 1.15pm		Schools 1.15 - 2.45pm		General swim 3 - 9pm																	
	* Lane swim 6.30am - 4pm												Learn to swim 4 - 6pm		Squads 6 - 8pm		* Lane swim 8 - 9pm													
Thursday		General swim 7 - 8.45am			General swim 9.15am - 12noon				Lane swim 12noon - 1pm		Schools 1.15 - 2.45pm		General swim 3 - 4pm		Learn to swim 4 - 7pm		General swim 7 - 8pm		Adult lessons 8 - 9pm											
	* Lane swim 6.30am - 9pm																													
Friday		General swim 7 - 9am			Schools 9am - 12noon				General swim 12noon - 2pm			Lane swim 2 - 3.45pm		Learn to swim 4 - 7pm		General swim 7 - 8pm														
	* Lane swim 6.30am - 6.30pm												Squads 6.30 - 8pm																	
Saturday	* Lane swim 6.30 - 8.30am		Learn to swim 8.30 - 12 noon			* Lane swim 12noon - 1pm		Fun session 1.15 - 2.45pm		Party hire 3 - 4pm		General swim 4.30 - 6pm																		
	Squads (half pool) 7 - 8.30am		General swim 8.45am - 1pm																											
Sunday	General swim 6.30 - 8.30am		General swim 8.30am - 1pm			Fun session 1.15 - 2.45pm		Party hire 3 - 4pm		General swim 4.30 - 6pm		Squads 7 - 9pm																		
	* Lane swim 6.30am - 1pm																													

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.

# Harrogate Leisure and Wellbeing Hub pool programme

## From Tuesday 7th January 2025

# Activity 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									Schools 9.15 - 11.45am				AquaFit 12.15 - 1pm			Staff training 1 - 4pm					Learn to swim 4 - 5pm				Diving squads/ lessons 5 - 8pm						AquaFit 8.15 - 9pm					
Tuesday									Schools 9.15 - 11.45am				Accessible swim 12 noon - 1pm						Aqua Natal Good Boost 3 - 3.45pm			Learn to swim 4 - 6pm									Squads 6 - 9pm					
Wednesday									AquaFit 9.30 - 10.15pm				AquaFit 11.45am - 12.30pm			Schools 1.15 - 2.45pm					Learn to swim 4 - 5pm				Diving lessons/squads 5 - 8pm						AquaFit 8.15 - 9pm					
Thursday									Adult lessons 9.30 - 10.30am			Accessible swim 11am - 12 noon		AquaFit 12.15 - 1pm		Schools 1.15 - 2.45pm						Learn to swim 4 - 6pm				Diving lessons/squads 6 - 7.45pm										
Friday									Schools 9.15 - 12noon				AquaFit 12noon - 12.45pm			Good Boost 1.45 - 2.30pm						Learn to swim 4 - 7pm								General diving 7.15 - 8pm						
Saturday																Fun session 1.15 - 2.45pm			Party hire 3 - 4pm													Party hire 4.15 - 5.15pm				
Sunday																																	Learn to swim 8.30 - 11am	Diving lessons/squads 11am - 1pm	Fun session 1.15 - 2.45pm	Diving lessons/squads 3 - 6pm

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# Harrogate Leisure and Wellbeing Hub pool programme

From Tuesday 7th January 2025

## Learner 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							Schools 9.15 - 11.45am					General swim 12noon - 2pm		Staff training 2 - 4pm			Learn to swim 4 - 6pm			General swim 6 - 7pm										
Tuesday							Schools 9.15 - 11.45am					General swim 12noon - 3.45pm						Learn to swim 4 - 6pm			General swim 6 - 7pm									
Wednesday							Learn to swim 9 - 11.30am				General swim 11.30am - 1pm		Schools 1.15 - 2.45pm		General swim 3 - 3.45pm	Learn to swim 4 - 6pm			General swim 6 - 7pm											
Thursday							Learn to swim 9 - 11.30am				General swim 11.30am - 1pm		Schools 1.15 - 2.45pm		General swim 3 - 3.45pm	Learn to swim 4 - 6pm			General swim 6 - 7pm											
Friday							Schools 9.15 - 11.30am					General swim 12noon - 3pm						Learn to swim 4 - 7pm			General swim 7 - 8pm									
Saturday							Learn to swim 8.30 - 11am				General swim 11.15am - 1pm		Fun session 1.15 - 2.45pm		Party hire 3 - 4pm															
Sunday							General swim 9am - 1pm						Fun session 1.15 - 2.45pm		Party hire 3 - 4pm															

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