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	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 s	* Lane swim 4 - 9pm					
	General swim 7 - 8.45am	Schools 9.15 - 11.45am	General swim 12noon - 2pm	Lane swim 2 - 3.45pm Lane swim	Learn to swim 4 - 6pm	Squads					
Tuesday			6 - 9pm								
	General swim 7 - 8.45am	General swim 9.15am - 12noon	hools 2.45pm	General swim 3 - 9pm							
Wednesday		* Lane swim 6.30am - 4pm			Learn to swimSquads* L4 - 6pm6 - 8pm8						
Thursday	General swim 7 - 8.45am	General swim 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							
	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					
Friday		* Lane swim 6.30am - 6.30pm									
0 sets and an a	* Lane swim 6.30 - 8.30am	Learn to swim 8.30 - 12 noon	* Lane swim 12noon - 1pm Fun	session Party hire							
Saturday	Squads (half pool) 7 - 8.30am	General swim 8.45am - 1pm	1.15 -	2.45pm 3 - 4pm	4.30 - 6pm						
Sunday	General swim 6.30 - 8.30am	General swim 8.30am - Ipm		session Party hir		Squads					
		* Lane swim 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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12/24 94703

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					Schools 5 - 11.45am	ı		Aquafit 12.15 - 1pm	Staff training 1 - 4pm						squads/ lessons 5 - 8pm			Aquafit 8.15 - 9pm			
Tuesday					Schools 5 - 11.45am	1		ccessible swim 2 noon - 1pm				l (Aqua Natal Good Boost 3 - .45pm	Learn t e 4 - 6				Squads 6 - 9pm			
Wednesday				Aquafit 9.30 - 10.15pm			Aqua 11.45ar 12.30p	n -		School 1.15 - 2.45				Learn to swim 4 - 5pm	Divir	ig lessons/ 5 - 8pm		ds		Aquafit 8.15 - 9pm	
Thursday				Adult lesson 9.30 - 10.30ar	s	Accessit swim 11am - 12 noor		Aquafit 12.15 - 1pm		Schools 1.15 - 2.45pm				Learn to swim 4 - 6pm		Diving lessons/ squads 6 - 7.45pm					
Friday				0 15 12 poop		12n	juafit 100n - 45pm	Good Boost 1.45 - 2.30pm		Learn to swir 4 - 7pm		ו		Genera diving 7.15 - 8pm							
Saturday				Learn to swim 8.30am - 1pm						Fun sess 1.15 - 2.45			Party hire 3 - 4pm	Party hir 4.15 - 5.15p	e om						
Sunday				Learn to swin 8.30 - 11am	า			essons/squads am - 1pm		Fun session 1.15 - 2.45pm				Diving lessons/squads 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 ⁻	7 7.30 E	8.30 9 pm
Monday		Schools 9.15 - 11.45am		Genera 12noon			f training - 4pm	Learn to swim 4 - 6pm	General swim 6 - 7pm		
Tuesday		Schools 9.15 - 11.45am				swim 3.45pm		Learn to swim 4 - 6pm			
Wednesday		Learn to swim 9 - 11.30am				iools 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		Learn to swim 4 - 6pm	General swim 6 - 7pm		
Friday		Schools 9.15 - 11.30am			General swir 2noon – 3pr			Learn to swir 4 - 7pm	n	General swim 7 - 8pm	
Saturday		Learn to swim 8.30 - 11am		eral swim am - 1pm	Fun session 1.15 - 2.45pm		Party hire 3 - 4pm				
Sunday			General swim 9am - 1pm				Party hire 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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