

Knarborough 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 6.30 - 11am										Social swim 11 - 12noon	AquaFit 12noon - 12.45pm	School swim 1 - 2.30pm					Good Boost 2.45-3.45pm	Learn to swim 4 - 6pm					Swim squads 6 - 9pm						
	* Lane swim 6.30am - 2.45pm					Aquatic Therapy 10 - 11am			* Lane swim 6.30am - 2.45pm					* Lane swim 2.45 - 6pm																
Tuesday	General swim 6.30 - 11am										Private hire 11am - 12noon	General swim 12noon - 1pm	School swim 1 - 3pm			*Lane swim 3 - 4pm		Learn to swim 4 - 7pm					AquaFit 7-7.45pm	Lane swim 7.45 - 9pm						
	* Lane swim 6.30am - 3pm					Good Boost 9 - 10am			* Lane swim 6.30am - 3pm					General swim 4 - 7pm				Lane swim 7 - 9pm												
Wednesday	General swim 6.30 - 9am			School swim 9.15 - 11.45am					General swim 12noon - 2pm			Staff training 2 - 4pm					Learn to swim 4 - 7pm			AquaFit 7.15-8pm	General swim 8 - 9pm									
	* Lane swim 6.30am - 2pm										* Lane swim 4 - 9pm																			
Thursday	General swim 6.30 - 9.30am			School swim 9.45 - 11.15am			General swim 11.30am - 1pm			School swim 1 - 2.30pm		*Lane swim 2.30 - 4pm		Learn to swim 4 - 6pm		Adult lessons 6 - 7pm	Lane swim 7 - 8pm	Staff training 8 - 9pm												
	* Lane swim 6.30am - 2pm										Good Boost 2.45-3.45pm		* Lane swim 4 - 6pm		General swim 6 - 8pm															
Friday	General swim 6.30 - 10am				Social swim 10 - 11am		General swim 11 - 12noon		AquaFit 12noon - 12.45pm	General swim 1 - 3pm			*Lane swim 3 - 4pm		Learn to swim 4 - 7pm			Lane swim 7 - 8pm												
	* Lane swim 6.30am - 4pm				Aqua Natal 9.30 - 10.30am			General swim 4 - 8pm																						
Saturday	Swim squads 6.30 - 8.30am		Learn to swim 8.30am - 1pm							Fun session 1.30 - 3pm					Party hire 3.30 - 4.30pm	Party hire 4.45 - 5.45pm	* Lane swim 6 - 7pm													
	* Lane swim 6.30 - 11am					General swim 11.05am - 1.15pm			Party hire 3.30 - 4.30pm						Party hire 4.45 - 5.45pm	* Lane swim 6 - 7pm														
Sunday	General swim 6.30 - 8.30am			Learn to swim 8.30 - 11am				General swim 11.05am - 12.05pm		Fun session 1.30 - 3pm					Party hire 3.30 - 4.30pm	Party hire 4.45 - 5.45pm	* Lane swim 6 - 7pm													
	* Lane swim 6.30 - 10am				General swim 10 - 11am		* Lane swim 11.05 - 11.05am		Party hire 3.30 - 4.30pm						Party hire 4.45 - 5.45pm	* Lane swim 6 - 7pm														

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

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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						Learn to swim 9.15 - 11.15am					General swim 11.15am - 12.45pm			School swim 1 - 2.30pm		General swim 2.45 - 4pm		Learn to swim 4 - 7pm					Family swim 7 - 8pm							
Tuesday						Toddler swim 9 - 10am		Learn to swim 10 - 11am		General swim 11am - 12.45pm					School swim 1 - 3pm		General swim 3 - 4pm		Learn to swim 4 - 7pm					Family swim 7 - 8pm						
Wednesday						School swim 9.15 - 11.45am					General swim 12noon - 2pm			Staff training 2 - 4pm		Learn to swim 4 - 7pm					Family swim 7 - 8pm									
Thursday						School swim 9.15 - 11.15am					General swim 11.30am - 1pm			School swim 1 - 2.30pm		General swim 2.30 - 4pm		Learn to swim 4 - 6pm			Family swim 6 - 8pm									
Friday						Toddler swim 9 - 10am		Learn to swim 10 - 11am		General swim 11am - 12.45pm					General swim 1 - 4pm					Learn to swim 4 - 7pm			Family swim 7 - 8pm							
Saturday						Learn to swim 8.30am - 12noon					General swim 12.15 - 1.15pm		Fun session 1.30 - 3pm			Party hire 3.30 - 4.30pm		Party hire 4.45 - 5.45pm		Family swim 6 - 7pm										
Sunday						Learn to swim 8.30 - 10am		General swim 10 - 11am		General swim 11.05am - 12.05pm		General swim 12.15 - 1.15pm		Fun session 1.30 - 3pm			Party hire 3.30 - 4.30pm		Party hire 4.45 - 5.45pm		Family swim 6 - 7pm									

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