

Ripon Leisure and Wellbeing Hub - The Jack Laughter Centre pool programme

From Tuesday 7th January 2025

	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	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		Adult lessons 9 - 10am		Schools 10am - 12.15pm					General swim 12.15 - 4pm					Learn to swim 4 - 6pm		General swim 6 - 7pm		Lane swim 7 - 9pm		Swim squad (3 lanes) 7 - 9pm							
Tuesday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		AquaFit 9 - 10am		Accessible swim 10 - 11am		General swim 11am - 12.45pm			Schools 12.45 - 2.15pm		Staff training 2.15 - 4pm		Learn to swim 4 - 6pm		General swim 6 - 7pm		AquaFit 7 - 8pm		Lane swim *3 lanes 8 - 9pm		Adult lessons 8 - 9pm						
Wednesday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9.15am		Learn to swim 9.15 - 11.15am			General swim 11.15am - 12.45pm			Schools 12.45 - 3.15pm			General swim 3.15-4pm		Learn to swim 4 - 6pm		General swim 6 - 7pm		Aqua Zumba 7 - 8pm		Lane swim 8 - 9pm								
Thursday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		Aquababes 9 - 10am		Accessible swim 10 - 11am		AquaFit 11am-12noon		Lane swim 11am-12noon		General swim 12noon - 3pm					Learn to swim 4 - 6pm		Swim squads 6 - 9pm										
Friday	* Lane swim 6.30 - 7.45am		Lane swim 7.45 - 9am		General swim 9 - 9.45am		Schools 9.45 - 11.15am			General swim 11.15am - 1.15pm			Schools 1.15 - 3.15pm		General swim 3.15-4pm		Learn to swim 4 - 6.30pm			General swim 6.30 - 8pm		Lane swim 8 - 9pm		Private hire 8 - 9pm						
Saturday	Lane swim 7 - 7.45am		General swim 7.45 - 8.30am		Learn to swim 8.30am - 12noon					General swim 12noon - 2.15pm			Fun session with inflatable 2.30 - 3.45pm		Party hire 4 - 5pm		Private hire/staff training 5 - 6pm		* 45 minute session available for members to book via the Active North Yorkshire app ** Special Education Needs and Disabilities session											
Sunday	Lane swim 7 - 7.45am		General swim 7.45 - 8.30am		Learn to swim 8.30 - 10.30am			General swim 10.30am - 12noon			Family swim 12noon - 1pm	**SEND's 1.15 - 2.15pm		Fun session with inflatable 2.30 - 3.45pm		Party hire 4 - 5pm		Private hire/staff training 5 - 6pm												

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