

Harrogate Leisure and Wellbeing Hub pool programme

From Tuesday 22nd April 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 - 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 - 4pm			Learn to swim 4 - 6pm		Squads 6 - 9pm													
	* Lane swim 6.30am - 2pm												* Lane swim 4 - 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 - 12noon							* Lane swim 1.15 - 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																		General swim 7 - 9pm											
Friday		General swim 7 - 9am			Schools 9.15 - 11.15am				General swim 11.30am - 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																													

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From Tuesday 22nd April 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 Beginners 9.30 - 10.15am	Adult lessons Improvers 10.15 - 11am	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 - 11.15am					AquaFit 12noon - 12.45pm	Good Boost 1.45 - 2.30pm			Learn to swim 4 - 7pm					General diving 7.15 - 8pm									
Saturday							Learn to swim 8.30am - 1pm					Fun session 1.15 - 2.45pm			Party hire 3 - 4pm															
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 22nd April 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 - 11.15am					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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