## **Knaresborough Leisure and Wellbeing Hub pool programme** Easter Holidays - Monday 7th to Sunday 13th April 2025

## Main pool

Monday	<b>General swim</b> 6.30 - 9am <b>* Lane swin</b> 6.30am - 2.45p		General swim 10am - 12noon Aquatic Therapy 10 - 11am	<b>Aquafit</b> 12noon - 12.45pm	Fun session 1- 2.30pm		Good Boost 2.45 - 3.45pmLearn to swim 4 - 6pm* Lane swim 2.45 - 6pm		_	<b>Swim squa</b> a 6 - 9pm		
Tuesday	<b>General swir</b> 6.30am - 12.45	swim 12.45pm	<b>Fun session</b> 1- 2.30pm			Learn to swim 4 - 7pm General swim 2.45 - 7pm		<b>Aquafit</b> 7-7.45pm	<b>Staff training</b> 7.45 - 9pm			
Wednesday	General swim 6.30 - 9amSocial swim 9 - 10amGeneral swim 10am - 12.45pm* Lane swim* Lane swim				Fun session 1- 2.30pm		Learn to swim Aquafit   4 - 7pm 7.15 - 8pm   * Lane swim					
Thursday	6.30am - 12.45pm General swir 6.30 - 10am * Lane swirr		6.30am - 12.45pn General swim 10am - 12.45pm	Fun session 1- 2.30pm		<b>Good Boost</b> 2.45 - 3.45pm		2.45 - I <b>rn to swim</b> 4 - 6pm <b>* Lane</b>	Learn to swim/ Adult lessons 6 - 7pm	earn to swim/ Adult lessons 6 - 7pm 7-		
Friday	6.30am - 12.30 <b>General swim</b> 6.30 - 9am <b>* Lane swim</b> 6.30am - 12.45pm	<b>Social swim</b> 9-10am	Private lessons General swim 10am - 12noon	Fun session 1- 2.30pm	General swim 2.45 - 4pm Learn to 4 - 7p			2.45 - Learn to swi 4 - 7pm General swim 2.45 - 8pm	n 7-8pm			
Saturday	<b>Swim squads</b> 6.30 - 8.30am <b>* Lan</b>	Is Learn to swim			Fun session       1-     1.30 - 3pm		3.30 -	Party hire     Party hire       3.30 -     4.45 -       4.30pm     5.45pm		<b>* Lane swim</b> 6 - 7pm		
Sunday	General swim 6.30 - 8.30am * Lane swin 6.30 - 10am	<b>Learn to s</b> 8.30 - 11c	wim General swim	Genero swim 12.15 - 1.15pm	Fun session 1.30 - 3pm		<b>Party h</b> 3.30 - 4.30pr	-	<b>Party hire</b> 4.45 - 5.45pm	<b>* Lane swim</b> 6 - 7pm		



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## Leisure pool

	6.30 7 7.30 8 8.3 am	30 9 9.30 1	10 10.30 <sup>·</sup>	11 11.30 12 no		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 9 - 11c					<b>fun session</b> 1- 2.30pm	<b>General swim</b> 2.45 - 4pm		1	<b>Learn to swim</b> 4 - 7pm		<b>Family</b> swim 7 - 8pm			
Tuesday	Toda swi 9 - 10		<b>Learn to</b> swim 10 - 11am	llam - 1245pm			<b>Fun session</b> 1- 2.30pm		<b>General swim</b> 2.45 - 4pm		<b>Learn to swim</b> 4 - 7pm		<b>Family</b> swim 7 - 8pm		
Wednesday		<b>General swim</b> 10am - 12.45pm				<b>fun session</b> 1- 2.30pm		<b>General swim</b> 2.45 - 4pm	n	<b>Learn to swim</b> 4 - 7pm		<b>Family</b> swim 7 - 8pm			
Thursday				<b>General swim</b> 0am - 12.45pm			<b>Fun session</b> 1- 2.30pm		General swim L 2.45 - 4pm		<b>Learn to swim</b> 4 - 6pm		<b>Family swim</b> 6 - 8pm		
Friday		Learn to swim 10 - 11am	General swim			<b>Fun session</b> 1- 2.30pm		<b>General swim</b> 2.45 - 4pm		<b>Learn to swim</b> 4 - 7pm		<b>Family</b> swim 7 - 8pm			
Saturday		Learn to swim 8.30am - 12noon				۱	<b>Fun session</b> 1.30 - 3pm	<b>Party hire</b> 3.30 - 4.30pm		<b>Party hire</b> 4.45 - 5.45pm	<b>Family</b> swim 6 - 7pm				
Sunday		<b>Learn to swim</b> 8.30 - 10am	<b>General</b> swim 10 - 11am	<b>General</b> swim 11.05am - 12.05pm	Gener swin 12.15 - 1.15pm	۱	Fun session 1.30 - 3pm	١	3	<b>rty hire</b> 3.30 - 30pm	<b>Party hire</b> 4.45 - 5.45pm	<b>Family</b> swim 6 - 7pm			
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 pm am Programme subject to change. *All our bookable sessions can be booked via the Active North Yorkshire app or our website															



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