

# Knarborough Leisure and Wellbeing Hub pool programme

## Easter Holidays – Monday 7th to Sunday 13th 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 6.30 – 9am		Social swim 9 – 10am		General swim 10am – 12noon			AquaFit 12noon – 12.45pm		Fun session 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 2.45 – 6pm													
Tuesday	General swim 6.30am – 12.45pm				Good Boost		General swim 6.30am – 12.45pm				Fun session 1 – 2.30pm						Learn to swim 4 – 7pm		AquaFit 7 – 7.45pm		Staff training 7.45 – 9pm									
	* Lane swim 6.30am – 12.45pm																				General swim 2.45 – 7pm									
Wednesday	General swim 6.30 – 9am		Social swim 9 – 10am		General swim 10am – 12.45pm				Fun session 1 – 2.30pm						Learn to swim 4 – 7pm		AquaFit 7.15 – 8pm		General swim 8 – 9pm											
	* Lane swim 6.30am – 12.45pm		Private lessons		* Lane swim 6.30am – 12.45pm														* Lane swim 2.45 – 9pm											
Thursday	General swim 6.30 – 10am				General swim 10am – 12.45pm				Fun session 1 – 2.30pm				Good Boost 2.45 – 3.45pm		Learn to swim 4 – 6pm		Learn to swim/ Adult lessons 6 – 7pm		General swim 7 – 9pm											
	* Lane swim 6.30am – 12.30pm				Private lessons														* Lane swim 2.45 – 9pm											
Friday	General swim 6.30 – 9am		Social swim 9 – 10am		General swim 10am – 12noon			AquaFit 12noon – 12.45pm		Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 7pm		Lane swim 7 – 8pm												
	* Lane swim 6.30am – 12.45pm				Good Boost												General swim 2.45 – 8pm													
Saturday	Swim squads 6.30 – 8.30am		Learn to swim 8.30am – 12noon				General swim 12.15am – 1.15pm		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 – 12.05pm																									
Sunday	General swim 6.30 – 8.30am		Learn to swim 8.30 – 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		* Lane swim 6 – 7pm														
	* Lane swim 6.30 – 10am			General swim 10 – 11am		* Lane swim 11.05am – 12.05pm																								

Programme subject to change. \*All our bookable sessions can be booked via the Active North Yorkshire app or our website

# Knarborough Leisure and Wellbeing Hub pool programme

## Easter Holidays – Monday 7th to Sunday 13th April 2025

# 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 – 11am				General swim 11am – 12.45pm				Fun session 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				Fun session 1 – 2.30pm				General swim 2.45 – 4pm			Learn to swim 4 – 7pm			Family swim 7 – 8pm				
Wednesday							Toddler swim 9 – 10am		General swim 10am – 12.45pm						Fun session 1 – 2.30pm				General swim 2.45 – 4pm			Learn to swim 4 – 7pm			Family swim 7 – 8pm					
Thursday							Toddler swim 9 – 10am		General swim 10am – 12.45pm						Fun session 1 – 2.30pm				General swim 2.45 – 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				Fun session 1 – 2.30pm				General swim 2.45 – 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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