

# Richmond Swimming Pool Programme

## From 1 March – 6 April 2025

# Main pool

	7 am	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	RDASC	Aquafit bookable session 7.30 - 8.30am			General swim 8.45 - 10am			50+ swim session 10 - 11.30am												General swim 11.30am - 4pm										Swimming lessons 4 - 6.30pm	Richmond Triathlon Club	Adults only 8 - 9pm		
Tuesday					Early birds and general swim 7 - 10.45am						Calm and inclusive 11am - 1pm <small>*open for lengths and widths</small>									General swim 2.45 - 4pm				Swimming lessons 4 - 5.30pm <small>Shallow end of the main pool</small>							Aquafit bookable session 6.15 - 7.15pm	Swaledale Outdoor Club		
Wednesday	RDASC				General swim 7.15 - 10am			50+ swim session 10 - 11.30am			Aquafit bookable session 11.45am - 12.45pm			Schools 12.45 - 2.45pm						General swim 2.45 - 4pm									Swimming lessons 4 - 7pm	Richmond Triathlon Club	Adults only 8 - 9pm			
Thursday					General swim 7am - 9.15am			Schools 9.15 - 11.45am			General swim 11.45 - 12.45am			Schools 12.45 - 2.15pm		£3 swim 2.15 - 3pm				Pool closed										RDASC	Pool closed			
Friday	RDASC				General swim 7.15am - 9.15am			Schools 9.15 - 11.45am			Aquafit bookable session 11.45am - 12.45pm				Schools 1.30 - 3pm						Staff Training 3.15 - 5.15pm									RDASC	Pool closed			
Saturday																															RDASC	Swimming lessons 8 - 10.45am	General swim 11am - 3pm	Pool closed
Sunday																																General swim 7am - 3pm	Pool closed	

Programme subject to change. We run an alternative programme during school holidays. The pool will close 10 minutes after the last session on the day. All sessions are inclusive and everybody is welcome. All our Early Birds, General Swims, 50+, Adult Only swimming sessions and £15 Family Swims include 2 lanes. Adult to child ratio is 1:2. All children under 8 must be accompanied by an adult or guardian in the water.

# Richmond Swimming Pool Programme

## From 1 March – 6 April 2025

# Learner pool

	7 am	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	Pool closed						General swim 7.30 – 4pm														Swimming lessons 4 – 6.30pm			Pool closed					
Tuesday	Pool closed						General swim 9.30 – 10.45am		Inclusive 11am – 1pm		Schools 1 – 2.45pm		General swim 2.45 – 4pm		Swimming lessons 4 – 5.30pm		Pool closed												
Wednesday	Pool closed						General swim 7.15am – 12.45pm						Schools 12.45 – 2.45pm		General swim 2.45 – 4pm		Swimming lessons 4 – 7pm			Pool closed									
Thursday	Pool closed						Schools 9.30 – 11.30am			Pool closed			Schools 1 – 2.15pm		Pool closed														
Friday	Pool closed						Schools 9.30 – 11.30am			Pool closed						Schools 1.30 – 3pm		Pool closed											
Saturday	Pool closed		Swimming lessons and aquababes swimming lessons 8am – 12noon								Pool closed		General swim 12.15am – 3pm				Pool closed												
Sunday	Pool closed						General swim 9.30am – 3pm														Pool closed								

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