

# 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																													
	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

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

\*45 minute session available for members to book via the Active North Yorkshire app.

# Harrogate Leisure and Wellbeing Hub pool programme

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										
	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			

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\*45 minute session available for members to book via the Active North Yorkshire app.

# 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												
	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

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