

Knaresborough 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 6.30 – 11am									Social swim 11 – 12noon		Aquafit 12noon – 12.45pm				School swim 1 – 2.30pm				Good Boost 2.45–3.55pm		Learn to swim 4 – 6pm			Swim squads 6 – 9pm								
	* Lane swim 6.30am – 6pm						Aquatic Therapy		* Lane swim 6.30am – 6pm										General swim 2.45–3.55pm		* Lane swim 6.30am – 6pm												
Tuesday	General swim 6.30 – 11am				Good Boost					Private hire 11am–12noon		General swim 12noon – 1pm		School swim 1 – 3pm					* Lane swim 3 – 4pm		Learn to swim 4 – 7pm				Aquafit 7–7.45pm				Staff training 8 – 9pm				
	* Lane swim 6.30am – 3pm																						General swim 4 – 8pm										
Wednesday	General swim 6.30 – 9am					School swim 9.15 – 11.45am						General swim		Quiet swim 1 – 2pm		Staff training 2 – 4pm			Learn to swim 4 – 7pm						Aquafit 7.15–8pm		General swim 8 – 9pm						
	* Lane swim 6.30am – 2pm										Good Boost		* Lane swim 4 – 9pm																				
Thursday	General swim 6.30 – 9.30am						School swim 9.45 – 11.15am					General swim 11.30am – 1pm			School swim 1 – 2.30pm				General swim		Learn to swim 4 – 7pm				General swim 7 – 9pm								
	* Lane swim 6.30am – 9pm																																
Friday	General swim 6.30 – 11am					Aqua natal			Social swim 11am–12noon			Aquafit 12noon – 12.45pm				General swim 1 – 4pm				Learn to swim 4 – 6pm			Lane swim 6 – 8pm										
	* Lane swim 6.30am – 4pm															General swim 4 – 8pm																	
Saturday	Swim squads 6.30 – 8.30am			Learn to swim 8.30am – 1pm										* 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 – 1.15pm																								
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																										

Programme subject to change. We run an alternative programme during school holidays. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

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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	
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