

Ripon Leisure and Wellbeing Hub - The Jack Laugher Centre pool programme

From Tuesday 22nd April 2025

	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	* Lane swim 6.30 - 7.45am			Lane swim 7.45 - 9am		Adult lessons 9 - 10am		Schools 10am - 12.15pm				General swim 12.15 - 4pm						Learn to swim 4 - 6pm			General swim 6 - 7pm		Lane swim 7 - 9pm							
Tuesday	* Lane swim 6.30 - 7.45am			Lane swim 7.45 - 9am		Aquafit 9 - 10am		Accessible swim 10 - 11am		General swim 11am - 12.45pm			Schools 12.45 - 2.15pm			Staff training 2.15 - 4pm			Learn to swim 4 - 6pm			General swim 6 - 7pm		Aquafit 7 - 8pm		Lane swim/ Private hire *5 lanes 8 - 9pm				
																									Adult lessons 8 - 9pm					
Wednesday	* Lane swim 6.30 - 7.45am			Lane swim 7.45 - 9.15am		Learn to swim 9.15 - 11.15am			General swim 11.15am - 12.45pm			Schools 12.45 - 3pm			General swim 3 - 4pm		Learn to swim 4 - 6pm			General swim 6 - 7pm		Aqua Zumba 7 - 8pm		Lane swim 8 - 9pm						
Thursday	* Lane swim 6.30 - 7.45am			Lane swim 7.45 - 9am		Accessible swim 9 - 10am		Aquababes 10 - 11am		Aquafit 11.15am - 12noon		General swim 12noon - 4pm						Learn to swim 4 - 6pm			Swim squads 6 - 9pm									
										Lane swim 11am - 12noon																				
Friday	*Lane swim 6.30 - 7.45am			Lane swim 7.45 - 9am		General swim 9 - 10.15am		Schools 10.15 - 11.15am		General swim 11.15am - 1.15pm			Schools 1.15 - 3.15pm			General swim 3.15 - 4pm		Learn to swim 4 - 6.30pm			General swim 6.30 - 8pm		Lane swim 8 - 9pm							
																							Private hire 8 - 9pm							
Saturday		Lane swim 7 - 7.45am		General swim 7.45 - 8.30am	Learn to swim 8.30am - 12noon						General swim 12noon - 2.15pm				Fun session with inflatable 2.30 - 3.45pm			Party hire 4 - 5pm	Private hire/staff training 5 - 6pm		* 45 minute session available for members to book via the Active North Yorkshire app ** Special Education Needs and Disabilities session									
Sunday		Lane swim 7 - 7.45am		General swim 7.45 - 8.30am	Learn to swim 8.30 - 10.30am			General swim 10.30am - 12noon			Family swim 12noon - 1pm			**SEND's 1.15 - 2.15pm			Fun session with inflatable 2.30 - 3.45pm			Party hire 4 - 5pm								Private hire/staff training 5 - 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

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