### Harrogate Leisure and Wellbeing Hub pool programme From Tuesday 22nd April 2025

## Main pool

	5.30 7 7.30 8 8.30 9 am		12 12.30 1 oon	1.30 2	2.30	3 3.30	4 4.30 5 5.30 6	6.30 7 7.30 8	3 8.30 9 pi				
Monday	<b>General swim</b> 7 - 8.45am	<b>Schools</b> 9.15 - 11.45am	<b>Lane swim</b> 11.45am - 2p		Staff	Training	Learn to swim 4 - 7pm	General sw	<b>im</b> 7 - 9pm				
		* Lane swim 6.30am - 2pm			2 -	- 4pm	<b>* Lane swim</b> 4 - 9pm						
Tuesday	<b>General swim</b> 7 - 8.45am	<b>Schools</b> 9.15 - 11.45am	<b>General sv</b> 12noon - 2		lan	e swim	<b>Learn to swim</b> 4 - 6pm	Squads					
		<b>* Lane swim</b> 6.30am - 2pm				- 4pm	* Lane swim 4 - 5.45pm	6 - 9pm					
Wednesday	<b>General swim</b> 7 - 8.45am	<b>General swim</b> 9.15am - 12noon	Lane swim	<b>Sch</b> o 1.15 - 2.4			<b>General</b> 3 - 9p						
		n – 12noon	12noon - 1.15pm		* Lane sw 1.15 - 4pr		<b>Learn to swim</b> 4 - 6pm	<b>Squads</b> 6 - 8pm	* Lane swim 8 - 9pm				
	General swim	General swim	Lane swim		ools General		Learn to swim	General swim 7- 8pm	<b>Adult lessons</b> 8 - 9pm				
Thursday	7 - 8.45am	9.15am - 12noon	12noon - 1pm	1.15 - 2.		3 - 4pm	4 - 7pm	General sw	<b>im</b> 7 – 9pm				
				e swim 6.30am - 9pm									
	<b>General swim</b> 7 - 9am	<b>Schools</b> 9.15 - 11.15am	<b>General swim</b> 11.30am - 2pm			<b>swim</b> 45pm	<b>Learn to swim</b> 4 - 7pm	<b>General swim</b> 7 - 8pm					
Friday		6	* <b>Lane swim</b> 6.30am - 6.30pm	<b>Squads</b> 6.30 - 8pm									
	<b>* Lane swim</b> 6.30 - 8.30am	<b>Learn to swim</b> 8.30 - 12 noon	* Lane swim 12noon - 1pm	Fun se	ssion	Party hire	General swim						
Saturday	<b>Squads</b> (half pool) 7 - 8.30am		1.15 - 2.	45pm	3 - 4pm	4.30 - 6pm							
Sunday	<b>General swim</b> 6.30 - 8.30am	<b>General swim</b> 8.30am - 1pm		Fun se		Party hire	General swim	Squ					
		* Lane swim 6.30am - 1pm		1.15 - 2.	45pm	3 - 4pm	4.30 - 6pm	7-9	)pm				
	5.30 7 7.30 8 8.30 9 am		12 12.30 1 Joon	1.30 2	2.30	3 3.30	4 4.30 5 5.30 6	6.30 7 7.30 8	8 8.30 9 pi				
rogramme subj	ject to change. We run an alterno	ative programme during school h	olidays. *45 m	ninute ses	sion avail	able for mem	bers to book via the Active	North Yorkshire app.					



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### Harrogate Leisure and Wellbeing Hub pool programme From Tuesday 22nd April 2025

# **Activity pool**

	6.30 7 7 am	.30 8	8.30	9	9.30 10	10.30	11	11.30 '	12 noon	12.30	1	1.30	2 2.3	30	3 3.30	4	4.30 5	5 5.30	6	6.30 I	7	7.30	8		9 om _!
Monday					ç	<b>Schools</b> 9.15 - 11.450				<b>Aquafit</b> 12.15 - 1pm			Staff tr 1 - 4		3		<b>Learn to</b> swim 4 - 5pm	Div	ing sc 5	<b>juads/ I</b> 5 - 8pm	essor	าร		<b>Aquafit</b> 8.15 - 9pm	
Tuesday					Ç	<b>Schools</b> 9.15 - 11.450				ccessible swim 2 noon - 1pm		<b>Learn</b> 1.15 -	<b>to swim</b> 2.45pm		Aqua Natal Good Boost 3- 3.45pm		<b>Learn t</b> 4 - 6	<b>o swim</b> õpm				<b>Squads</b> 5 - 9pm			
Wednesday					<b>Aquaf</b> 9.30 - 10.15pr			1	<b>Aqua</b> 1.45ar 12.30p	n -			<b>hools</b> 2.45pm				<b>Learn to swim</b> 4 - 5pm	Div		ssons/s i – 8pm	quac	ls		<b>Aquafit</b> 8.15 - 9pm	
Thursday					Adult lessons BeginnersAdult lessons ImproversAccessibl swim 10 - 10 - 10.45amAdult llam - 12 noon				swim 11am - Aquafit 12.15 -			<b>Schools</b> 1.15 - 2.45pm					<b>Learn to swim</b> 4 - 6pm			<b>Diving lessons/</b> squads 6 - 7.45pm					
Friday						<b>chools</b> - 11.15am			12n	<b>quafit</b> 100n - 45pm			<b>Good Boost</b> 1.45 - 2.30pm				I	L <b>earn to sw</b> i 4 - 7pm	im			<b>Genera</b> diving 7.15 - 8pm			
Saturday	<b>Learn to swim</b> 8.30am - 1pm										session 2.45pm		<b>Party hi</b> 3 - 4pn												
Sunday				l	<b>.earn to sw</b> 8.30 - 11ar		Div		<b>sons</b> n - Ip	<b>/squads</b> m			<b>session</b> 2.45pm		D	ivin	<b>g lessons/sq</b> 3 - 6pm	uads							
6.30 7 7.30 8 8.30 9 9.30 10 10.30 11 11.30 12 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 am 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.																									



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### Harrogate Leisure and Wellbeing Hub pool programme From Tuesday 22nd April 2025

### Learner pool

	5.30 7 7.30 8 8.30 am	9 9.30 10	10.30 11	11.30 '	12 12.30 noon	1	1.30 2 2.30	3	3 3.30	4	4.30 5 5.30 6	6.30 ; I	7 7.30	8 8.30	9 pm
Monday			<b>Schools</b> 9.15 - 11.45am			al swim Staff trai a - 2pm 2 - 4p					<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm			
Tuesday			<b>Schools</b> 9.15 - 11.45am			General swimLearn to swim12noon - 3.45pm4 - 6pm						<b>General</b> swim 6 - 7pm			
Wednesday			<b>Learn to swim</b> 9 - 11.30am				<b>Schools</b> 1.15 - 2.45pm		<b>General</b> swim 3 - 3.45pm		<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm			
Thursday			<b>to swim</b> 1.30am		<b>General swim</b> 11.30am - 1pm		<b>Schools</b> 1.15 - 2.45pm	General swim 3 - 3.45pm			<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm			
Friday			<b>hools</b> 11.15am		<b>Learn to swim</b> 11.30am - 1.30pr		<b>General swim</b> 1.30 - 3pm				<b>Learn to swim</b> 4 - 7pm	I	<b>General</b> swim 7 - 8pm		
Saturday		<b>Learn to swi</b> i 8.30 - 11am			<b>eneral swim</b> .15am - 1pm		<b>Fun session</b> 1.15 - 2.45pm		<b>Party hire</b> 3 - 4pm						
Sunday			<b>General</b> 9am - 1				<b>Fun session</b> 1.15 - 2.45pm		<b>Party hire</b> 3 - 4pm						
													9 9 pm		



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