

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 - 11.45am			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

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		Learn to swim 1.15 – 2.45pm				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 9.15 – 10am	Adult lessons Improvers 10 – 10.45am		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		

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

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			Learn to swim 11.30am – 1.30pm			General swim 1.30 – 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																	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 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.