

Harrogate Leisure and Wellbeing Hub pool programme

Summer Holidays – Monday 21st July – Sunday 31st August 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 *Bank Holiday Monday 25th August – pool open 7am-3.30pm		General swim 7 – 11am									* Lane swim 11am-12noon		General swim 12noon – 1.45pm				Bookable Fun session 2 – 3.30pm				Lane swim 4 – 9pm									
	* Lane swim 6.30am – 1.45pm															Learn to swim 4 – 7pm			General swim 7 – 9pm							Adult lessons				
Tuesday		General swim 7 – 10am							Bookable Fun session 10.15 – 11.45pm				General swim 12.15 – 3pm				* Lane swim 3 – 4pm		Learn to swim 4 – 6pm			Squads 6 – 9pm								
	* Lane swim 6.30 – 10am																* Lane swim 4 – 6pm													
Wednesday		General swim 7 – 11am								* Lane swim 11am-12noon		General swim 12noon – 1.45pm				Bookable Fun session 2 – 3.30pm				General swim 4 – 9pm										
	* Lane swim 6.30am – 1.45pm												Bookable Fun session 2 – 3.30pm				Learn to swim 4 – 6pm				Squads 6 – 8pm			* Lane swim 8 – 9pm						
Thursday		General swim 7 – 11am								* Lane swim 11am-12noon		General swim 12noon – 1.45pm					Bookable Fun session 2 – 3.30pm				Learn to swim 4 – 7pm					General swim 7 – 9pm		Adult lessons 8 – 9pm		
	* Lane swim 6.30am – 1.45pm												Bookable Fun session 2 – 3.30pm				* Lane swim 4 – 9pm													
Friday		General swim 7 – 9.30am							Bookable Fun session 9.45 – 11.15am							General swim 11.30am – 3pm						* Lane swim 3 – 4pm		Learn to swim 4 – 7pm					General swim 7 – 8pm	
	* Lane swim 6.30 – 9.30am																			* Lane swim 4 – 6.30pm					Squads 6.30 – 8pm					
Saturday	* Lane swim 6.30 – 8.30am					Learn to swim 8.30 – 12 noon						* Lane swim 12noon – 1pm		Bookable Fun session 1.15 – 2.45pm		Party hire 3 – 4pm			General swim 4.30 – 6pm											
		Squads 7 – 8.30am (half pool)					General swim 8.30am – 1pm																							
Sunday	General swim 6.30 – 8.30am					General swim 8.30am – 1pm						Bookable Fun session 1.15 – 2.45pm		Party hire 3 – 4pm			General swim 4.30 – 6pm		Squads 6 – 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.

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Summer Holidays – Monday 21st July – Sunday 31st August 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 *Bank Holiday Monday 25th August – pool open 7am–3.30pm					Summer Courses 9am – 12 noon								Aquafit 12.15 – 1pm	Summer Courses 1 – 2pm	Bookable Fun session 2 – 3.30pm			Learn to swim 4 – 6pm			Learn to dive/squads 6 – 8pm				Aquafit 8.15 – 9pm					
Tuesday						Summer Course 9 – 10am			Bookable Fun session 10.15 – 11.45am			Accessible swim 12 noon – 1pm	Summer Courses 1 – 2pm	Summer Courses 2 – 4pm			Learn to swim 4 – 6pm			Squads 6 – 8pm			Adult diving lessons 8 – 9pm							
Wednesday						Summer Courses 9 – 10am			Aquafit 10.15 – 11am		Aquafit 11.45am – 12.30pm			Summer Courses 1 – 2pm	Bookable Fun session 2 – 3.30pm			Learn to swim 4 – 5pm	Diving lessons/squads 5 – 8pm				Aquafit 8.15 – 9pm							
Thursday						Summer Courses 9 – 10am		Adult lessons improvers 10 – 10.45am			Accessible swim 11am – 12 noon			Aquafit 12.15 – 1pm	Bookable Fun session 2 – 3.30pm			Learn to swim 4 – 6pm			Diving squads/ lessons 6 – 9pm									
Friday								Bookable Fun session 9.45 – 11.15am				Aquafit 12noon – 12.45pm		Summer Courses 1 – 4pm				Learn to swim 4 – 7pm					General diving 7.15 – 8pm							
Saturday					Learn to swim 8.30am – 1pm								Bookable Fun session 1.15 – 2.45pm			Party hire 3 – 4pm			General diving 5 – 6pm											
Sunday					Learn to swim 8.30 – 11am					Diving lessons/squads 11am – 1pm					Bookable 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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Harrogate Leisure and Wellbeing Hub pool programme

Summer Holidays – Monday 21st July – Sunday 31st August 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 *Bank Holiday Monday 25th August – pool open 7am–3.30pm						Summer Courses 9 – 10am											Bookable Fun session 2 – 3.30pm							Learn to swim 4 – 6pm		General swim 6 – 7pm				
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