

Bedale Leisure and Wellbeing Hub Programme

Summer holidays – 23 July to 31 August 2025

pool

	6.45 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 Lanes ♦ 6.45 – 9.15am				Crash Course 9 – 10am		General Swim ● 9.15 – 11am			50+ ● 11am – 12.30pm			Adult Lane Swim ♦ 12.30 – 1.30pm		General Swim 1.30 – 3.45pm				Learn to Swim 3.45 – 5.15pm		General Swim ● 5.15 – 6pm			Aquafit 6.15 – 7pm		Adult Lane Swim ♦ 7.15 – 8.45pm		Adult Lessons		
Tuesday		General Lanes ♦ 7 – 9.15am				Crash Course 9 – 10am		General Swim ● 9.15 – 11.15am				Aquafit 11.30am – 12.15pm			Adult Lane Swim ♦ 12.30 – 1.30pm		Closed Staff Training 1.30 – 3.30pm				Learn to Swim 3.30 – 5.30pm		General Swim ● 5.30 – 6.30pm		Adult Lane Swim ♦ 6.30 – 7.30pm		NASC 7.30 – 9pm			
Wednesday		General Lanes ♦ 7 – 9.15am				Crash Course 9 – 10am		General Swim 9.15 – 11am			Fun Zone 11am – 12noon			Adult Lane Swim ♦ 12.30 – 1.30pm			Hydrofit 1.45 – 2.30pm			Aquafit 2.45 – 3.30pm		Learn to Swim 4 – 5.30pm		Fun Zone 5.30 – 6.45pm		General Swim ● 6.45 – 8pm		Adult Lane Swim ♦ 8 – 9pm		
Thursday				General Swim 8.15 – 9.45am		Crash Course 9 – 10am		Pre School Lessons 9.45am – 11.15pm				Aquafit 11.30am – 12.15pm			Adult Lane Swim ♦ 12.30 – 1.30pm		General Swim 1.30 – 2.45pm		50+ ● 2.45 – 3.45pm		Learn to Swim 3.45 – 5.45pm		General Swim ● 5.45 – 6.45pm		NASC 6.45 – 8.15pm		Adult Lane Swim ♦ 8.15 – 9pm			
Friday		General Lanes ♦ 7 – 9am				Crash Course 9 – 10am		General Swim 9 – 11am				Fun Zone 11.15am – 12.15pm			Adult Lane Swim ♦ 12.30 – 1.30pm		Accessible Swim 1.30 – 2.30pm		General Swim 2.30 – 4pm		Learn to Swim 4 – 5.45pm		General Swim ● 5.45 – 7pm		Aquafit 7 – 7.45pm					
Saturday				General Lanes ♦ 8 – 9am		Learn to Swim 9am – 12.30pm							General Swim 12noon – 12.45pm																	
Sunday				General Lanes ♦ 8 – 9am		Family Fun 9 – 10am		Fun Zone 10 – 11am		General Swim ♦ 11am – 12noon		Book your pool party 12noon – 1pm																		
	6.45 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

POOL PARTY

Tuesday 12th August 2 – 3pm

POOL PARTY
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August
2 – 3pm

General Information: Lockers £1 returnable. Swimwear and swimming equipment available to buy at reception. Times are subject to change on Bank Holiday. Please check our website and facebook page for news on any changes to the programme. Adult to child ratio is 1:2. All children under 8 must be accompanied by an adult or guardian in the water. We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C – 30°C. All sessions are inclusive of any changeover time required. RAF swim tests may take place Mon–Fri between 7.45–9am. Vending machines are available.

KEY ♦ Lanes available ● Single lane