### Harrogate Leisure and Wellbeing Hub pool programme Summer holidays - Monday 21 July - Sunday 31 August 2025

## Main pool

Monday *Bank Holiday	General swim 7 - 11am						* Lane swimGeneral swim11am - 12noon12noon - 1.45pm				Bookable Fun session			<b>Lane swim</b> 4 - 9pm					
Monday 25th August - pool open 7am-3.30pm	<b>* Lane swim</b> 6.30am - 1.45pm									2 - 3.30p				<b>Learn to swim</b> 4 - 7pm	General swim 7 - 9pm Adult lesso				
	General swim 7 - 10am			Bookable Fun session		General			n	* Lane	swim	<b>Learn to swim</b> 4 - 6pm		Squads					
Tuesday		<b>* Lane swi</b> 6.30 - 10a				1.45pm			12.15 - 3j	pm		3 - 4ŗ	pm	<b>* Lane swim</b> 4 - 6pm		6 - 9pm al swim 9pm Squads 6 - 8pm 8 - 9p Adult les 8 - 9p General swim 7 - 9p			
Medneeday	General swim 7 - 11am					* Lane s 11am-121		<b>General sw</b> 12noon - 1.45			Bookable Fun session			<b>General swim</b> 4 - 9pm					
Wednesday Thursday		· · · · · ·					2 - 3.30p			<b>Learn to swim</b> 4 - 6pm			<b>* Lane swin</b> 8 - 9pm						
Thursday	<b>General swim</b> 7 - 11am					* Lane swim General swim 11am - 12noon 12noon - 1.45pm					Bookable Fun session			Learn to swim			Adult lesson: 8 - 9pm vim 7 - 9pm		
	* Lane swim 6.30am - 1.45pm										2 - 3.30p	m		* Lane swim 4 - 9pm					
Friday	General swim 7 - 9.30am General swim G			Rafts			General swim				* Lane swim		<b>Learn to swim</b> 4 - 7pm			1			
Friday					9.45 - 11.15am		11.30am - 3pr			3pm		3 - 4pm		<b>* Lane swim</b> 4 - 6.30pm					
Ontradaus					L <b>earn to swim</b> 8.30 - 12 noon			<b>* Lane swim</b> 12noon – 1pm			able	Darty hiro		General swim					
Saturday		<b>Squads</b> 7 - 8.30am (half pool)			<b>General s</b> 8.30am - 1						<b>ssion</b> 45pm	3 - 4	pm	4.30 - 6pm					
	General swim General swim   6.30 - 8.30am 8.30am - 1pm										able Party			General swim		Squads			
Sunday					<b>swim</b> - 1pm						<b>ssion</b> 45pm	3 - 4	pm	4.30 - 6pm		6 - 9pm			
6	.30 7 am	7 7.30 8 8.3	30 9 9.3	30	10 10.30 1	'''' 11.30	י 0 12 noc		' 1.30	י 2	2.30	'''' 33.3	0 4	4.30 5 5.30 6	6.:	30 7 7.30	88.30		



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Part of

NORTH

COUNCIL

YORKSHIRE

### Harrogate Leisure and Wellbeing Hub pool programme Summer Holidays - Monday 21st July - Sunday 31st August 2025

# **Activity pool**

	6.30 7 7.30 8 am	8.30 9	9.30	10 10.30	11 11.30	12 12.30 noon	1	1.30 2	2.30	3 3.	30 4	4 4.30	5 <b>5.30</b> (	6 6.30	7 7.30	8 8.30 <sup>9</sup> P
Monday *Bank Holiday Monday 25th August - pool open 7am-3.30pm	9an			<b>ner Courses</b> n – 12 noon		<b>Aquc</b> 12.15 1pn	-	Summer Courses 1-2pm	<b>Bookable</b> Fun session 2 - 3.30pm		<b>Learn to swim</b> 4 - 6pm		Learn to dive/squads 6 - 8pm		<b>Aquafit</b> 8.15 - 9pm	
Tuesday			Summer Course 9 - 10am	Fun	okable session - 11.45am	Accessil swim 12 noon 1pm		Summer Courses 1 - 2pm		<b>er Cours</b> - 4pm	es		<b>o swim</b> ôpm		<b>uads</b> 8pm	Adult diving lessons 8 - 9pm
Wednesday			Summer Courses 9 - 10am	<b>Aquaf</b> i 10.15 - 11am		<b>Aquafit</b> 11.45am - 12.30pm		Summer Courses 1- 2pm	<b>Bookc</b> Fun ses 2 - 3.30	sion		<b>Learn to</b> swim 4 - 5pm	Divir	n <b>g lessons/s</b> 5 - 8pm	quads	<b>Aquafit</b> 8.15 - 9pm
Thursday		Adult lessons improvers 10 - n 10.45am	Accessit swim 11am - 12 noor	12.15	-		<b>Bookable</b> Fun session 2 - 3.30pm			<b>Learn to swim</b> 4 - 6pm		Diving squads lessons 6 - 9pm		is/		
Friday		Rafts (boards open) 9.45 - 11.15am						Summer Courses 1 - 4pm				L <b>earn to swin</b> 4 - 7pm	n	Genera diving 7.15 - 8pm		
Saturday		<b>swim</b> - 1pm			<b>Book</b> Fun se 1.15 - 2.	ssion	Party 3 - 4			<b>General</b> diving 5 - 6pm						
Sunday	Learn to swim 8.30 - 11am					<b>Diving lessons/squads</b> 11am - 1pm			Bookable Fun session 1.15 - 2.45pm		<b>g lessons/sq</b> 3 - 6pm	uads				
	6.30 7 7.30 8 am ject to change. We r	8.30 9 un an alterr		10 10.30 gramme du	11 11.30	12 12.30 noon holidays.		1.30 2 minute ses		3 3.: able for		4 4.30 ! bers to book			7 7.30 rkshire app.	8 8.30 9 pi



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### Harrogate Leisure and Wellbeing Hub pool programme Summer Holidays - Monday 21st July - Sunday 31st August 2025

### Learner pool

	5.30 7 7.30 8 8.30 am		10.30 11 11.	30 12 12. noon	.30 1	1.30 2	2.30	3 3.3	) 4	4.30 5 5.30	6 6.30 <sup>:</sup>	7.30 8	3 8.30 F			
Monday *Bank Holiday Monday 25th August - pool open 7am-3.30pm		Summer Courses 9 - 10am Learn to swim 9 - 10am		e <b>neral swim</b> Jam - 1.45pm		Bookal Fun ses: 2 - 3.30		ssion		<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm					
Tuesday		Summer Courses 9 - 10am Learn to swim 9 - 10am	<b>Bookable</b> Fun session 10.15 - 11.45am	) S	eneral swim 12.15 - 1pm	<b>Learn t</b> 1.15 - 2		<b>General</b> swim 2.50 - 3.50pm		<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm					
Wednesday		<b>Learn to</b> 9 - 11.30		<b>General swin</b> 11.30am - 1.45p			<b>Bookable</b> Fun session 2 - 3.30pm			<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm					
Thursday		<b>Learn to swim</b> 9 - 11.30am		<b>General sw</b> 11.45am - 1.45				ssion		<b>Learn to swim</b> 4 - 6pm	<b>General</b> swim 6 - 7pm					
Friday		<b>Learn to s</b> 11.30am - 1		<b>General swim</b> 1.15pm - 3.45pm				<b>Learn to swi</b> 4 - 7pm	n	<b>General</b> swim 7 - 8pm						
Saturday		<b>General swim</b> 11.15am - 1pm		Fun se	<b>Part</b> Session 2.45pm											
Sunday		<b>Gene</b> 8ar			Bookable Fun session 1.15 - 2.45pm Party hire 3 - 4pm							m pm 0 8 8.30 F				
	6.30 7 7.30 8 8.30 am ject to change. We run an alte		10.30 11 11. me during sch	noon		1.30 2 ninute sea		3 3.30 lable for r		4.30 5 5.30 bers to book via the Act	6 6.30					



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