

Harrogate Leisure and Wellbeing Hub pool programme

Summer holidays – Monday 21 July – Sunday 31 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												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												Learn to swim 4 – 9pm																	
Friday		General swim 7 – 9.30am						Rafts 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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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																														
Tuesday																														
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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				
						Learn to swim 9 – 10am																								
Tuesday						Summer Courses 9 – 10am																								
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Thursday																														
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