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



Monday *Bank Holiday Monday 25th August - pool open 7am-4pm	General swim 6.30 - 9am * Lane swim 6.30 - 9am	Social swim 9 - 10am Aquatic Therapy (Not Bank Holiday) Learn to swim 9 - 10am	General swim Aquafit 10am - 12noon 12noon - 12.45pm * Lane swim 10am - 12.45pm			*Bookable Fun session 1 - 2.30pm		Good Boost (Not Bank Holiday) General Swim 2.45 - 4pm * Lane		n	Learn to swim 4 - 6pm 2.45 - 6pm	Swim squads 6 - 9pm			
Tuesday	General swim 6.30 - 9am * Lane swim 6.30 - 9am	General swim 9 - 10am Good Boost 9 - 10am Learn to swim 9 - 10am	General swim General swim 10.15 - 11.15am 11.30am - 12.45pm * Lane swim 10am - 12.45pm			Fu	Bookable n session - 2.30pm					Aquafit 7-7.45pm	t	Staff training 3 - 9pm	
Wednesday	General swim 6.30 - 9am * Lane swim 6.30 - 9am	Social swim 9 - 10am Learn to swim 9 - 10am	10.15 - 11.15	General swim General swim 10.15 - 11.15am 11.30am - 12.45pm * Lane swim 10am - 12.45pm			Bookable n session - 2.30pm		Seneral sw 2.45 - 4pn		Learn to swim 4 - 7pm * Lane swim 2.45 - 9pm			Aquafit 7.15-8pm 8 - 9pm	
Thursday	General swim 6.30 - 9am * Lane swim 6.30 - 9am	General swim 9 - 10am Learn to swim 9 - 10am			eral swim n - 12.45pm	*Bookable Fun session 1 - 2.30pm		Good Boost 2.45 - 3.45pm General Swim 2.45 - 4pm			Learn to swim 4 - 6pm * Lane swim	Adult lessons 6 - 7pm Learn to swim 6 - 7pm 2.45 - 9pm	m General swin wim 7 - 9pm		
Friday	 General swim 6.30 - 9am * Lane swim 6.30 - 9am	Social swim 9 - 10am Learn to swim 9 - 10am Bump	General swim Aquafit 10am - 12 noon 12.45pm * Lane swim 10am - 12.45pm		12noon - 12.45pm m	*Bookable Fun session 1 - 2.30pm		General s 2.45 - 4				I	Lane sv 7 - 8p		
Saturday					General swim 11.05am - 12.05pm		*BOOKODIE			* Lane swim 3.30 - 1.30pm					
Sunday	General swim Learn to swin 6.30 - 8.30am 8.30 - 11am * Lane swim General 6.30 - 10am General			General swim 11.05am - 12.05pm General swim im * Lane swim 11am - 12 noon 12.15 - 1.15pm		I *Bookable Fun sessio 1.30 - 3pm		on 3.0		* Lane swim 3.30 - 1.30pm					





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NORTH

COUNCIL

YORKSHIRE

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

Leisure pool

	6.30 7 7.30 8 8.3 am	30 9 9.30 1	0 10.30 11	11.30 12 noon		1 1.3	30 2 2.30	3	3.30	4 4.3	30 5 5.30	6 6.30	7 7.30	8 8.30	p
Monday			Learn to swim General swim 9 - 11.15am 11.30am - 12.45pm				Bookable	General swim 2.45 - 3.55pm			Learn to sw i 4 - 7pm	im			
*Bank Holiday Monday 25th August - pool open 7am-4pm		Toddler swim 9 - 10am		eral swim - 12.45pm		Fun session 1 - 2.30pm		General swim 2.45 - 4pm			CLOSED				
Tuesday		Toddler swim 9 - 10am	Learn to swim 10 - 11am	n General swim		*Bookable Fun session 1 - 2.30pm		General swim 2.45 - 3.55pm		Learn to swim 4 - 7pm		im	Family swim 7 - 8pm		
Wednesday		Toddler swim 9 - 10am	General swim 10.15 - 11.15am	General swim 11.30am - 12.45pm		Fui	Bookable n session - 2.30pm	General swim 2.45 - 3.55pm			Learn to sw i 4 - 7pm	im	Family swim 7 - 8pm		
Thursday		Toddler swim 9 - 10am	General swim 10.15 - 11.15am	swim 10.15 - 12.45p		Fui	*Bookable Fun session 1 - 2.30pm		General swim 2.45 - 3.55pm		earn to swim 4 - 6pm		Family swim 6 - 8pm		
Friday	Toddler swim 9 - 10am		Learn to swim 10 - 11am	General swim 11.15am - 12.45pm		*Bookable Fun session 1 - 2.30pm		General swim 2.45 - 3.55pm			Learn to swim 4 - 7pm		Family swim 7 - 8pm		
Saturday			rn to swim am - 12noon		Genero swim 12.15 - 1.15pm		*Bookable Fun session 1.30 - 3pm	Fan swi 3.3(4.30		vim 30 -					
Sunday		Learn to swim 8.30 - 10am	General swim	General swim 1.05am - 12.05pm	Genera swim 12.15 - 1.15pm		*Bookable Fun session 1.30 - 3pm		SV 3.3	mily vim 30 - 0pm					
	6.30 7 7.30 8 8.3 am	30 9 9.30 1 Dkable sessions can	0 10.30 11	11.30 12 noon				3 5		4 4.3	g all general swin	6 6.30	7 7.30	8 8.30	p



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