

# Knaresborough Leisure and Wellbeing Hub pool programme

## Summer holidays – Monday 21 July – Sunday 31 August 2025

# Main pool

5am5.3066.3077.3088.3099.301010.301111.301212.301noon11.3022.3033.3044.3055.3066.3077.3088.309pm																																		
Monday <small>*Bank Holiday Monday 25th August – pool open 7am–4pm</small>			General swim 6.30 – 9am				Social swim 9 – 10am		General swim 10am – 12noon				Aquafit 12noon – 12.45pm				*Bookable Fun session 1 – 2.30pm		Good Boost <small>(Not Bank Holiday)</small>				Learn to swim 4 – 6pm				Swim squads 6 – 9pm							
			* Lane swim 6.30 – 9am				Aquatic Therapy <small>(Not Bank Holiday)</small>		* Lane swim 10am – 12.45pm										General Swim 2.45 – 4pm															
							Learn to swim 9 – 10am														* Lane swim 2.45 – 6pm													
Tuesday			General swim 6.30 – 9am				General swim 9 – 10am		General swim 10.15 – 11.15am		General swim 11.30am – 12.45pm				*Bookable Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 7pm				Aquafit 7–7.45pm				Staff training 8 – 9pm					
			* Lane swim 6.30 – 9am				Good Boost 9 – 10am		* Lane swim 10am – 12.45pm												Lane swim 2.45 – 8pm													
							Learn to swim 9 – 10am																											
Wednesday			General swim 6.30 – 9am				Social swim 9 – 10am		General swim 10.15 – 11.15am		General swim 11.30am – 12.45pm				*Bookable Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 7pm				Aquafit 7.15 – 8pm				General swim 8 – 9pm					
			* Lane swim 6.30 – 9am				Learn to swim 9 – 10am		* Lane swim 10am – 12.45pm												* Lane swim 2.45 – 9pm													
Thursday			General swim 6.30 – 9am				General swim 9 – 10am		General swim 10.15 – 11.15am		General swim 11.30am – 12.45pm				*Bookable Fun session 1 – 2.30pm				Good Boost 2.45 – 3.45pm				Learn to swim 4 – 6pm		Adult lessons 6 – 7pm		General swim 7 – 9pm							
			* Lane swim 6.30 – 9am				Learn to swim 9 – 10am		* Lane swim 10am – 12.45pm										General Swim 2.45 – 4pm						Learn to swim 6 – 7pm									
																					* Lane swim 2.45 – 9pm													
Friday			General swim 6.30 – 9am				Social swim 9 – 10am		General swim 10am – 12 noon				Aquafit 12noon – 12.45pm				*Bookable Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 7pm				Lane swim 7 – 8pm							
			* Lane swim 6.30 – 9am				Learn to swim 9 – 10am		* Lane swim 10am – 12.45pm												Lane swim 2.45 – 8pm													
							Bump boost																											
Saturday	Swim squads 5 – 8.30am								Learn to swim 8.30am – 12noon								General swim 12.15am – 1.15pm				*Bookable Fun session 1.30 – 3pm				* Lane swim 3.30 – 4.30pm									
									* Lane swim 6.30 – 11am								General swim 11.05am – 12.05pm																	
Sunday			General swim 6.30 – 8.30am				Learn to swim 8.30 – 11am				General swim 11.05am – 12.05pm				General swim 12.15 – 1.15pm				*Bookable Fun session 1.30 – 3pm				* Lane swim 3.30 – 4.30pm											
			* Lane swim 6.30 – 10am								General swim 10 – 11am		* Lane swim 11am – 12 noon																					
5am5.3066.3077.3088.3099.301010.301111.301212.301noon11.3022.3033.3044.3055.3066.3077.3088.309pm																																		

Programme subject to change. \*All our bookable sessions can be booked via the Active North Yorkshire app or our website.

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## Summer Holidays – Monday 21st July – Sunday 31st August 2025

# Leisure 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
<b>Monday</b>																														
<b>*Bank Holiday</b> Monday 25th August – pool open 7am–4pm																														
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<b>Saturday</b>																														
<b>Sunday</b>																														

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