

# Northallerton Leisure and Wellbeing Hub Programme

## Summer holidays – 23 July to 31 August 2025

# Main 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 – 9am					Big Swim 9.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm		Accessible Swim 1 – 2pm			Big Swim 2.15 – 3.45pm					Learn to Swim 4 – 6.45pm					Northallerton Amateur Swim Club 7.30 – 9pm					
Tuesday	General Lanes ♦ 6.45 – 9am				50+ ♦ 9 – 10am Parent & Tots 9 – 10am			Big Swim 10.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm			Big Swim 1.15 – 3.45pm					Learn to Swim 4 – 6.30pm			General Swim ● 6 – 7pm		Adult Lessons 7 – 7.45pm			Adult Lane Swim ♦ 8 – 9pm		
Wednesday	General Lanes ♦ 6.45 – 9am					Aquafit 9.15 – 10am			Big Swim 10.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm			Big Swim 1.15 – 3.45pm					Learn to Swim 4 – 6pm			General Lanes ♦ 6 – 7.30pm		Northallerton Amateur Swim Club 7.30 – 9pm				
Thursday	General Lanes ♦ 6.45 – 9am				50+ ♦ 9 – 10am Parent & Tots 9 – 10am			Big Swim 10.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm			Big Swim 1.15 – 3.45pm					Learn to Swim 4 – 6pm			General Swim ● 6 – 7pm		Adult Lane Swim ♦ 7 – 9pm					
Friday	General Lanes ♦ 6.45 – 9am				Closed Staff Training 9 – 10am			Big Swim 10.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm			Big Swim 1.15 – 3.45pm					Learn to Swim 4 – 5pm		Big Swim 5 – 6.30pm		Aquafit 6.30 – 7.15pm			Northallerton Amateur Swim Club 7.30 – 9pm			
Saturday		General Lanes ♦ 7 – 8.30am			Learn to Swim 8.30 – 10.30am					Big Swim 10.45am – 3pm																					
Sunday				General Lanes ♦ 8 – 9am			SEND 9.15 – 10.15am			Big Swim 10.30am – 3pm										Book your pool party 3.15 – 4.15pm											
	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	

**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. Vending machines are available.

**KEY** ♦ Lanes available ● Water slide ○ Water slide used intermittently

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## Summer holidays - 23 July to 31 August 2025

# Lagoon

	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									Big Swim 9.15 - 11.45am								Big Swim 2.15 - 3.45pm				Learn to Swim 4 - 6.45pm									
Tuesday							Parent & Tots 9 - 10am		Big Swim 10.15 - 11.45am							Big Swim 1.15 - 3.45pm				Learn to Swim 4 - 6pm				General Swim ● 6 - 7pm						
Wednesday									Big Swim 10.15 - 11.45am							Big Swim 1.15 - 3.45pm				Learn to Swim 4 - 6pm										
Thursday							Parent & Tots 9 - 10am		Big Swim 10.15 - 11.45am							Big Swim 1.15 - 3.45pm				Learn to Swim 4 - 6pm				General Swim ● 6 - 7pm						
Friday							Closed Staff Training 9 - 10am		Big Swim 10.15 - 11.45am							Big Swim 1.15 - 3.45pm				Learn to Swim 4 - 5pm			Big Swim 5 - 6.30pm							
Saturday							Learn to Swim 8.30 - 10.30am									Big Swim 10.45am - 3pm														
Sunday							SEND 9.15 - 10.15am									Big Swim 10.30am - 3pm														

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**KEY** ◆ Lanes available ● Water slide ○ Water slide used intermittently