

# Northallerton Leisure and Wellbeing Hub Programme

## From Tuesday 1 July 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					School Swimming 9.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm		Disabled & Rehabilitation 1 – 2pm		Discount Dip 2 – 3.45pm					Learn to Swim 4 – 6.45pm				Northallerton Amateur Swim Club 6.45 – 9pm								
Tuesday	General Lanes ♦ 6.45 – 9am					50+ ♦ 9.15 – 10.15am		General Swim 10.15 – 11.45am				Adult Lane Swim ♦ 12noon – 1pm			Aquanatal 1.15 – 2pm		General Swim ○ 2 – 3.45pm					Learn to Swim 4 – 6.30pm			General Swim ● 6 – 7pm		Adult Lessons 7 – 7.45pm			Adult Lane Swim ♦ 8 – 9pm		
						Parent & Tots 9.15 – 10.15am								Parent & Tots 1.15 – 2pm																		
Wednesday	General Lanes ♦ 6.45 – 9am					School Swimming 9.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm			Aquafit 1.15 – 2pm		General Swim ○ 2 – 3.45pm					Learn to Swim 4 – 6pm			Northallerton Amateur Swim Club 6 – 9pm								
Thursday	General Lanes ♦ 6.45 – 9am					50+ ♦ 9.15 – 10.15am		General Swim 10.15 – 11.45am				Adult Lane Swim ♦ 12noon – 1pm			General Swim 1.15 – 2pm		Closed Staff Training 2 – 3.45pm					Learn to Swim 4 – 6pm			General Swim ● 6 – 7pm		Adult Lane Swim ♦ 7 – 9pm					
						Parent & Tots 9.15 – 10.15am								General Swim 1.15 – 2pm																		
Friday	General Lanes ♦ 6.45 – 9am					School Swimming 9.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm			General 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 pm		

**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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## From Tuesday 1 July 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							School Swimming 9.15 - 11.45am									Discount Dip 2 - 3.45pm					Learn to Swim 4 - 6.45pm									
Tuesday							Parent & Tots 9.15 - 10.15am	General Swim 10.15 - 11.45am					Parent & Tots 1.15 - 2pm			General Swim O 2 - 3.45pm					Learn to Swim 4 - 6pm			General Swim ● 6 - 7pm						
Wednesday							School Swimming 9.15 - 11.45am									General Swim O 2 - 3.45pm					Learn to Swim 4 - 6pm									
Thursday							Parent & Tots 9.15 - 10.15am	General Swim 10.15 - 11.45am					General Swim 1.15 - 2pm			Closed Staff Training 2 - 3.45pm					Learn to Swim 4 - 6pm			General Swim ● 6 - 7pm						
Friday							School Swimming 9.15 - 11.45am									General Swim O 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					Book your pool party 3.15 - 4.15pm									

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