

# Stokesley Leisure and Wellbeing Hub Programme

## Summer holidays - 23 July to 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	9.30 pm					
Monday	General Lanes ♦ 6.30 – 10am						General Swim ● 10am – 12.30pm						Adult Swim ♦ 12.30 – 2pm		50+ ♦ 2 – 3pm		General Swim ● 3.45 – 6.45pm						Learn to Swim 3.45 – 6.45pm		Adult Lane Swim ♦ 7 – 8pm		Aquafit 8.15 – 9pm									
Tuesday	General Lanes ♦ 6.30 – 10am						General Swim ● 10 – 11.45am				Adult Swim ♦ 11.45am – 1pm		Aquafit 1.15 – 2pm		General Swim ● 2 – 5.45pm						Learn to Swim 3.45 – 5.45pm						Stokesley Amateur Swim Club 6 – 9pm									
Wednesday	General Lanes ♦ 6.30 – 9.15am				Aquafit 9.30 – 10.15am				Adult Lessons 10.30 – 11.15am		General Swim ● 11.15am – 12.30pm		Adult Swim ♦ 12.30 – 1.45pm				General Swim ● 2 – 6.45pm						Learn to Swim 3.45 – 6.15pm		Adult Lessons		Adult Lane Swim ♦ 7 – 8pm		General Lanes ♦ 8 – 9pm							
Thursday	General Lanes ♦ 6.30 – 10am						General Swim ● 10am – 12.30pm						Adult Swim ♦ 12.30 – 1.30pm		Closed Staff Training 1.30 – 3.30pm						General Swim ● 3.45 – 6.15pm				Learn to Swim 3.45 – 6.15pm				Stokesley Amateur Swim Club 6.30 – 8.30pm				Adult Lane Swim ♦ 8.30 – 9.15pm			
Friday	General Lanes ♦ 6.30 – 8.45am						50+ ♦ 9 – 10am				Aquafit 10.30 – 11.15am		General Swim ● 11.15am – 12.30pm		Adult Swim ♦ 12.30 – 1.45pm		Accessible Swim 2 – 3pm				General Swim ● 3.15 – 8pm						Learn to Swim 3.45 – 6.45pm				Adult Lane Swim ♦ 8 – 9pm					
Saturday			Stokesley Amateur Swim Club 7 – 8.30am				Learn to Swim 8.45 – 11.45am						General Swim ● 8.45am – 2pm																							
Sunday					General Swim ● 8am – 12.15pm										Family Fun 12.30 – 1.30pm		Book your pool party 1.45 – 2.45pm				Stokesley Amateur Swim Club 3 – 5.30pm															

POOL  
PARTY

Thursday 7th  
August  
2 – 3pm

**POOL PARTY**  
Thursday 7th August  
2 – 3pm

**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 ● Single lane

# Stokesley Leisure and Wellbeing Hub Programme

## Summer holidays - 23 July to 31 August 2025

## Small 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	9.30 pm
Monday																															
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**POOL PARTY**  
Thursday 7th  
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2 - 3pm

**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): Small pool 29°C - 31°C. All sessions are inclusive of any changeover time required. Vending machines are available.

**KEY** ◆ Lanes available ● Single lane