

Stokesley Leisure and Wellbeing Hub Programme

From Tuesday 1 July 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 – 9am					School Swimming 9.15 – 11.15am					Adult Swim ♦ 11.30am – 1pm		50+ ♦ 1 – 2.15pm			School Swimming 2.30 – 3.30pm			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 – 9.15am					School Swimming 9.30 – 11.30am					Adult Swim ♦ 11.45am – 1pm			Aquafit 1.15 – 2pm		General Swim ● 2 – 3.30pm			General Swim ● 3.45 – 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			Adult Swim ♦ 11.30am – 1pm		Discount Dip 1 – 2pm		General Swim ● 2 – 3.30pm			General Swim ● 3.45 – 6.45pm Learn to Swim 3.45 – 6.15pm				Adult Lessons		Adult Lane Swim ♦ 7 – 9pm						
Thursday	General Lanes ♦ 6.30 – 9am					School Swimming 9.15 – 11.30am					Adult Swim ♦ 11.45am – 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 – 6.15pm								Adult Lane Swim ♦ 8 – 9pm				
Saturday		Stokesley Amateur Swim Club 7 – 8.30am			General Swim ● 8.45am – 2pm Learn to Swim 8.45 – 11.45am																										
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												
	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

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

From Tuesday 1 July 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							School Swimming 9.15 – 11.15am				General Swim 11.30am – 12.30pm		Pre School Lessons 12.30 – 2pm				School Swimming 2.30 – 3.30pm			Learn to Swim 3.45 – 6.45pm											
Tuesday							School Swimming 9.30 – 11.30am					Pre School Lessons 12noon – 1pm			General Swim 1.15 – 3.30pm					Learn to Swim 3.45 – 6.45pm											
Wednesday							General Swim 9.30 – 11.15am				Pre School Lessons 11.30am – 1pm			Discount Dip 1 – 2pm		General Swim 2 – 3.30pm				Learn to Swim 3.45 – 6.45pm											
Thursday							School Swimming 9.30 – 11.30am				General Swim 12noon – 1pm				Closed Staff Training 1.30 – 3.30pm					Learn to Swim 3.45 – 6.45pm											
Friday							Pre School Lessons 9.30 – 11.30am					General Swim 12.15 – 1.45pm				Accessible Swim 2 – 3pm				Learn to Swim 3.45 – 6.15pm					General Swim 6.30 – 8pm						
Saturday							Learn to Swim 8.45am – 12.45pm						General Swim 1 – 2pm																		
Sunday							General Swim 8am – 12.15pm							Family Fun 12.30 – 1.30pm			Book your pool party 1.45 – 2.45pm														

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