

Harrogate Leisure and Wellbeing Hub pool programme

From Monday 1st September 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 pm
Monday		General swim 7 – 9am					Schools 9.15 – 11.45am				Lane swim 11.45am – 2pm				Staff Training 2 – 4pm				Learn to swim 4 – 7pm				General swim 7 – 9pm							
	* Lane swim 6.30am – 2pm												* Lane swim 4 – 9pm																	
Tuesday		General swim 7 – 9am					Schools 9.15 – 11.45am					General swim 12noon – 2pm				Lane swim 2 – 4pm				Learn to swim 4 – 6pm		Squads 6 – 9pm								
	* Lane swim 6.30am – 2pm												* Lane swim 4 – 5.45pm																	
Wednesday		General swim 7 – 9am					General swim 9.15am – 12noon				Lane swim 12noon – 1.15pm				Schools 1.15 – 2.45pm			General swim 3 – 9pm												
	* Lane swim 6.30am – 12noon								* Lane swim 1.15 – 4pm						Learn to swim 4 – 6pm		Squads 6 – 8pm		* Lane swim 8 – 9pm											
Thursday		General swim 7 – 9am					General swim 9.15am – 12noon				Lane swim 12noon – 1pm			Schools 1.15 – 2.45pm			General swim 3 – 4pm		Learn to swim 4 – 7pm				General swim 7– 8pm		Adult lessons 8 – 9pm					
	* Lane swim 6.30am – 9pm																General swim 7 – 9pm													
Friday		General swim 7 – 9am					Schools 9.15 – 11.45am					General swim 12noon – 2pm				Lane swim 2 – 3.45pm			Learn to swim 4 – 7pm				General swim 7 – 8pm							
	* Lane swim 6.30am – 6.30pm																								Squads 6.30 – 8pm					
Saturday	* Lane swim 6.30 – 8.30am				Learn to swim 8.30 – 12 noon				* Lane swim 12noon – 1pm					Fun session 1.15 – 2.45pm			Party hire 3 – 4pm			General swim 4.30 – 6pm										
		Squads (half pool) 7 – 8.30am				General swim 8.30am – 1pm																								
Sunday	General swim 6.30am – 1pm													Fun session 1.15 – 2.45pm			Party hire 3 – 4pm			General swim 4.30 – 6pm				Squads 7 – 9pm						
	* Lane swim 6.30am – 1pm																													

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*45 minute session available for members to book via the Active North Yorkshire app.

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From Monday 1st September 2025

Activity 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				
Monday							Schools 9.15 – 11.45am							Aquafit 12.15 – 1pm	Staff training 1 – 4pm						Learn to swim 4 – 5pm	Diving squads/lessons 5 – 8pm							Aquafit 8.15 – 9pm					
Tuesday							Schools 9.15 – 11.45am							Accessible swim 12 noon – 1pm		Learn to swim 1.15 – 2.45pm				Aqua Natal Good Boost 3 – 3.45pm		Learn to swim 4 – 6pm			Squads 6 – 9pm									
Wednesday							Aquafit 9.30 – 10.15pm						Aquafit 11.45am – 12.30pm				Schools 1.15 – 2.45pm						Learn to swim 4 – 5pm		Diving lessons/squads 5 – 8pm							Aquafit 8.15 – 9pm		
Thursday							Adult lessons Beginners 9.15 – 10am		Adult lessons Improvers 10 – 10.45am			Accessible swim 11am – 12 noon		Aquafit 12.05 – 12.50pm				Schools 1.15 – 2.45pm						Learn to swim 4 – 6pm			Diving lessons/ squads 6 – 7.45pm							
Friday							Schools 9.15 – 11.45am							Aquafit 12noon – 12.45pm					Good Boost 1.45 – 2.30pm					Learn to swim 4 – 7pm					General diving 7.15 – 8pm					
Saturday						Learn to swim 8.30am – 1pm											Fun session 1.15 – 2.45pm					Party hire 3 – 4pm			General Diving 4.30 – 5.30pm									
Sunday						Learn to swim 8.30 – 11am						Diving lessons/squads 11am – 1pm					Fun session 1.15 – 2.45pm					Diving lessons/squads 3 – 6pm												
	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				

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From Monday 1st September 2025

Learner 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
Monday							Schools 9.15 – 11.45am						General swim 12noon – 2pm			Staff training 2 – 4pm				Learn to swim 4 – 6pm				General swim 6 – 7pm						
Tuesday							Schools 9.15 – 11.45am						General swim 12noon – 3.45pm								Learn to swim 4 – 6pm			General swim 6 – 7pm						
Wednesday							Learn to swim 9 – 11.30am					General swim 11.30am – 1pm			Schools 1.15 – 2.45pm			General swim 3 – 3.45pm			Learn to swim 4 – 6pm			General swim 6 – 7pm						
Thursday							Learn to swim 9 – 11.30am					General swim 11.30am – 1pm			Schools 1.15 – 2.45pm			General swim 3 – 3.45pm			Learn to swim 4 – 7pm									
Friday							Schools 9.15 – 11.15am					Learn to swim 11.30am – 1pm			General swim 1.15 – 3pm						Learn to swim 4 – 7pm					General swim 7 – 8pm				
Saturday							Learn to swim 8.30 – 11am					General swim 11.15am – 1pm			Fun session 1.15 – 2.45pm					Party hire 3 – 4pm										
Sunday							General swim 9am – 1pm								Fun session 1.15 – 2.45pm					Party hire 3 – 4pm										

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