

# Ripon Leisure and Wellbeing Hub - The Jack Laughter Centre pool programme

## From Monday 1st September 2025

	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	* Lane swim 6.30 – 7.45am		Lane swim 7.45 – 9am		Adult lessons 9 – 10am		General swim 10 – 10.45am		Schools 10.45am – 12.15pm		General swim 12.15 – 4pm						Learn to swim 4 – 6pm		General swim 6 – 7pm		Lane swim 7 – 9pm									
Tuesday	* Lane swim 6.30 – 7.45am		Lane swim 7.45 – 9am		Aquafit 9 – 10am		Accessible swim 10 – 11am		General swim 11am – 1.15pm			Schools 1.15 – 2pm			Staff training 2.15 – 4pm		Learn to swim 4 – 6pm		General swim 6 – 7pm		Aquafit 7 – 8pm		Lane swim/ Private hire *5 lanes 8 – 9pm							
																						Adult lessons 8 – 9pm								
Wednesday	* Lane swim 6.30 – 7.45am		Lane swim 7.45 – 9.15am		Learn to swim 9.15 – 11.15am			General swim 11.15am – 12.45pm		Schools 12.45 – 2.45pm		General swim 2.45 – 4pm		Learn to swim 4 – 6pm		General swim 6 – 7pm		Aqua Zumba 7 – 8pm		Lane swim 8 – 9pm										
Thursday	* Lane swim 6.30 – 7.45am		Lane swim 7.45 – 9am		Accessible swim 9 – 10am		Aquababes 10 – 11am			Aquafit 11.15am – 12noon	General swim 12noon – 4pm						Learn to swim 4 – 6pm		Swim squads 6 – 9pm											
										Lane swim 11am – 12noon																				
Friday	*Lane swim 6.30 – 7.45am		Lane swim 7.45 – 9am		General swim 9 – 10.15am		Schools 10.15 – 11.15am		General swim 11.15am – 1.15pm		Schools 1.15 – 3.15pm		General swim 3.15 – 4pm		Learn to swim 4 – 6.30pm		General swim 6.30 – 8pm		Lane swim 8 – 9pm											
Saturday		Lane swim 7 – 7.45am	General swim 7.45 – 8.30am	Learn to swim 8.30am – 12noon					General swim 12noon – 2.15pm				Fun session with inflatable 2.30 – 3.45pm			Party hire 4 – 5pm	Private hire/staff training 5 – 6pm	* 45 minute session available for members to book via the Active North Yorkshire app  ** Special Education Needs and Disabilities session												
Sunday		Lane swim 7 – 7.45am	General swim 7.45 – 8.30am	Learn to swim 8.30 – 10.30am			General swim 10.30am – 12noon		Family swim 12noon – 1pm		**SEND's 1.15 – 2.15pm			Fun session with inflatable 2.30 – 3.45pm			Party hire 4 – 5pm									Private hire/staff training 5 – 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

Programme subject to change. We run an alternative programme during school holidays.