

# Skipton Leisure and Wellbeing Hub Programme

## Main pool

	6.00 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 & Club Hire (CE) 6.00 – 7.00	Lane Swim 7.00 – 9.00					Over 60's 9.10 – 9.55	General Swim 10.00 – 11.15		Lane Swim 11.20 –12.50				Schools 13.00 – 15.00					General Swim (Half Pool) 15.15 – 17.15					Lane Swim 17.30 –19.00			Club Hire (ssc) 19.00 –21.00				Craven Energy 20.30 – 21.30
Tuesday	Lane Swim 6.00 – 9.00						Over 60's 9.10 – 9.55	Ladies Only Swim 10.00 – 11.00			Lane Swim 11.20 –12.50			Schools 13.00 – 15.00					General Swim (Half Pool) 15.15 – 17.15				Junior Lane Swim (10 –14 yrs) 17.30 – 18.30		Learn to Swim 18.30 – 19.30		Lane Swim & Craven Energy 19.30 –20.30		Lane Swim 20.30 – 21.30		
Wednesday	Lane Swim & Club Hire (ssc) 5.45 – 07.30	Lane Swim 7.30 – 8.45				Schools 9.00 – 11.30					Lane Swim 11.45 –13.15				Schools 13.30 – 14.30			General Swim (Half Pool) 15.00 – 17.00				Lane Swim 17.15 –19.0			Club Hire (ssc) 19.00 –21.00				Lane Swim 21.00 –21.45		
Thursday	Lane Swim 6.00 – 9.00						Over 60's 9.10 – 9.55	General Swim 10.00 – 11.15		Lane Swim 11.20 –12.50			Schools 13.00 – 15.00					General Swim (Half Pool) 15.15 – 17.15				Lane Swim 17.30 –18.30		Club Hire (CE) 18.30 – 19.15		Club Hire (ssc) 19.15 – 20.45		Lane Swim & Craven Energy 20.45 – 21.45			
Friday	Lane Swim & Club Hire (CE) 5.45 – 7.30	Lane Swim 7.30 – 9.00				Over 60's 9.10 – 9.55	General Swim 10.00 – 11.15		Lane Swim 11.20 –12.50			Schools 13.00 – 15.00					General Swim (Half Pool) 15.15 – 17.15				Junior Lane Swim (10 –14 yrs) 17.30 – 18.30		Lane Swim 18.30 –19.30		Lane Swim 19.30 –20.15		Under Water Hockey 20.30 – 21.30				
Saturday		Club Hire (TRI) 7.30 – 9.30					General Swim (Half Pool) 9.30 – 12.00					General Swim 12.30 – 14.30				Private Hire 15.00 – 16.00															
Sunday				Lane Swim 8.00 – 9.00		SEN Swim 9.05 – 10.00			General Swim 10.15 – 12.00				General Swim 12.30 – 14.30				Lane Swim & Club Hire (SSC) 14.45 – 16.45														
	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.

# Skipton Leisure and Wellbeing Hub Programme

## Small pool

	6.00 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							Hydro Jog 9.15 – 10.00		General Swim 10.00 – 11.15				Aqua Aerobics 12.15 – 13.00		Schools 13.00 – 15.00			1:1 Lessons 15.00 – 16.00		Learn to Swim 16.00 – 19.15						Adult Leisure Swim 19.30 – 20.30				
Tuesday							Parents & Under 5's Swim 9.00 – 9.55				Ducklings 11.00 – 11.30 & 11.30 – 12.00		Access Swim 12.05 – 12.45		Schools 13.00 – 15.00			1:1 Lessons 15.00 – 16.00		Learn to Swim 16.00 – 20.00										
Wednesday				Hydro Jog 8.00 – 8.45				Schools 9.00 – 11.30					Aqua Aerobics 12.05 – 12.50		Schools 13.30 – 14.30			1:1 Lessons 15.00 – 16.00		Learn to Swim 16.00 – 19.15						Aqua Aerobics 19.45 –20.30				
Thursday							Parents & Under 5's Swim 9.00 – 9.55		Ducklings 10.00 – 10.30, 10.30 – 11.00 & 11.00 – 11.30				Access Swim 12.05 – 12.45		Schools 13.00 – 15.00					Learn to Swim 16.00 – 19.15						Adult Leisure Swim 19.30 – 20.30				
Friday								General Swim 10.00 – 11.15					Aqua Aerobics 12.15 – 13.00		Schools 13.00 – 15.00					Learn to Swim 16.00 – 19.15						Under Water Hockey 19.30 – 20.30				
Saturday							Learn to Swim 8.30 – 10.45					General Swim 11.00 – 12.00			General Swim 12.30 – 14.30															
Sunday							SEN Swim 9.05 – 10.00			General Swim 10.00 – 12.00				General Swim 12.30 – 14.30				Private Hire 14.45 – 15.45												
	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): Small pool 30°C – 32°C. All sessions are inclusive of any changeover time required. Vending machines are available.

# Steam & Sauna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 12:45	06:00 – 12:45 (Ladies Only 10:00 – 11:00)	06:00 – 08:45 11:45 – 13:15	06:00 – 12:45	06:00 – 12:45	08:00 – 14:30	08:00 – 16:45
15:15 – 21:30	15:15 – 21:30	15:00 – 21:30	15:15 – 21:30	15:15 – 21:30		

# Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 – 21:30	06:00 – 21:30	06:00 – 21:30	06:00 – 21:30	06:00 – 21:30	08:00 – 16:00	08:00 – 16:00

# Revive Cafe

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 – 17:00	09:00 – 17:00	09:00 – 17:00	09:00 – 17:00	09:00 – 17:00	09:00 – 16:00	09:00 – 16:00

# Pricing

Adult General Swim	£6.00	Adult Lane Swim	£6.00	Adult Gym Workout	£8.20
Junior General Swim (5-15)	£3.45	Junior Lane Swim	£3.45	Junior Gym Workout (14-17)	£5.75
Concession General Swim (60+)	£3.65	Concession Lane Swim (60+)	£3.65	Concession Gym Workout (60+)	£6.00
Family Swim (2 Adults + up to 3 children)	£17.15				