

Bedale Leisure and Wellbeing Hub Programme

27th October to 2nd November 2025

pool

	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
Monday			General Lanes ♦ 6.45 – 9.15am						General Swim ● 9.15 – 11am		50+ ● 11am – 12.30pm		Adult Lane Swim ♦ 12.30 – 1.30pm	General Swim 1.30 – 3.45pm						Learn to Swim 3.45 – 5.15pm		General Swim ● 5.15 – 6pm		Aquafit 6.15 – 7pm		Adult Lane Swim ♦ 7.15 – 8.45pm				
Tuesday		General Lanes ♦ 7 – 9.15am						General Swim ● 9.15 – 11.15am			Aquafit 11.30am – 12.15pm		Adult Lane Swim ♦ 12.30 – 1.30pm	Closed Staff Training 1.30 – 3.30pm					Learn to Swim 3.30 – 5.30pm				General Swim ● 5.30 – 6.30pm	Adult Lane Swim ♦ 6.30 – 7.30pm	NASC 7.30 – 9pm					
Wednesday		General Lanes ♦ 7 – 9.15am						General Swim 9.15 – 11am				Fun Zone 11am – 12noon		Adult Lane Swim ♦ 12.30 – 1.30pm		Hydrofit 1.45 – 2.30pm		Aquafit 2.45 – 3.30pm			Learn to Swim 4 – 5.30pm				Fun Zone 5.30 – 6.45pm		General Swim ● 6.45 – 8pm		Adult Lane Swim ♦ 8 – 9pm	
Thursday				General Swim 8.15 – 9.45am				Pre School Lessons 9.45am – 11.15pm			Aquafit 11.30am – 12.15pm		Adult Lane Swim ♦ 12.30 – 1.30pm	General Swim 1.30 – 2.45pm		50+ ● 2.45 – 3.45pm				Learn to Swim 3.45 – 5.45pm				General Swim ● 5.45 – 6.45pm	NASC 6.45 – 8.15pm			Adult Lane Swim ♦ 8.15 – 9pm		
Friday		General Lanes ♦ 7 – 9am						General Swim 9 – 11am			Fun Zone 11.15am – 12.15pm			Adult Lane Swim ♦ 12.30 – 1.30pm	Accessible Swim 1.30 – 2.30pm			General Swim 2.30 – 4pm				Learn to Swim 4 – 5.45pm				General Swim ● 5.45 – 7pm	Aquafit 7 – 7.45pm			
Saturday			General Lanes ♦ 8 – 9am	Learn to Swim 9am – 12.30pm								General Swim 12noon – 12.45pm																		
Sunday			General Lanes ♦ 8 – 9am	Family Fun 9 – 10am		Pool Party 10 – 11am			General Swim ♦ 11am – 12noon	Book your pool party 12noon – 1pm																				
	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. RAF swim tests may take place Mon-Fri between 7.45-9am. Vending machines are available.

KEY ♦ Lanes available ● Single lane

