

Skipton Leisure and Wellbeing Hub Programme

Half term holiday - 7th October to 2nd November 2025

Main pool

6.00 am77.3088.3099.301010.301111.3012 noon12.3011.3022.3033.3044.3055.3066.3077.3088.309 pm																																
Monday	Lane Swim & Club Hire (ce) 6.00 – 7.00 Single Lanes	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				General Swim 13.15 – 17.15 Half Pool from 15.30									Lane Swim 17.30 –19.00 Single lanes			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	General Swim 10.00 – 11.15		Lane Swim 11.20 –12.50				General Swim 13.15 – 17.15 Half Pool from 15.30									Junior Lane Swim (10 –14 yrs) 17.30 – 18.30		Learn to Swim 18.30 – 19.30		Lane Swim (3 lanes) Craven Energy (3 lanes) 19.30 – 20.30				Lane Swim 19.30 – 21.30	
Wednesday	Lane Swim & Club Hire (ssc) 5.45 – 07.30 Single Lanes	Lane Swim 7.30 – 8.45			General Swim 9.00 – 11.15			Lane Swim 11.20 –13.15				General Swim 13.30 – 17.00 Half Pool from 15.30									Lane Swim 17.15 –19.00 Single lanes			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				General Swim 13.15 – 17.15 Half Pool from 15.30									Lane Swim 17.30 –18.30 Single lanes		Club Hire (ce) 18.30 – 19.15	Club Hire (ssc) 19.15 – 20.45			Lane Swim Single lanes & Craven Energy 20.45 – 21.45			
Friday	Lane Swim & Club Hire (CE) 5.45 – 7.30 Single Lanes	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				General Swim 13.15 – 17.15 Half Pool from 15.30									Junior Lane Swim (10 –14 yrs) 17.30 – 18.30		Lane Swim 18.30 –19.30 Single lanes		Lane Swim 19.30 –20.15 Wide lanes				Under Water Hockey 20.30 – 21.30			
Saturday		Club Hire (TRI) 7.30 – 9.30					General Swim 9.30 – 12.00					General Swim 12.30 – 14.30				Private Pool Party 15.00 – 16.00																
Sunday				Lane Swim 8.00 – 9.00		SEN Family 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 Single lanes															
6.45 am77.3088.3099.301010.301111.3012 noon12.3011.3022.3033.3044.3055.3066.3077.3088.309 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

Half term holiday – 7th October to 2nd November 2025

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					NPLQ 8.00 – 9.00		Hydro Jog 9.15 – 10.00		General Swim 10.00 – 11.15				Aqua Aerobics 12.15 – 13.00			General Swim 13.15 – 15.30					Learn to Swim 16.00 – 19.30							Adult Leisure Swim 19.30 – 20.30			
Tuesday					NPLQ 8.00 – 9.00		Parents & Under 5's Swim 9.00 – 9.55				Duckling Lessons 11.00 – 12.00		Access Swim 12.05 – 12.45			General Swim 13.15 – 15.30					Learn to Swim 16.00 – 20.00										
Wednesday					NPLQ 8.00 – 9.00			General Swim 9.00 – 11.15					Aqua Aerobics 12.05 – 12.45			General Swim 13.15 – 15.30					Learn to Swim 16.00 – 19.30							Aqua Aerobics 19.45 –20.30			
Thursday					NPLQ 8.00 – 9.00		Parents & Under 5's Swim 9.00 – 9.55		Duckling Lessons 10.00 – 11.30				Access Swim 12.05 – 12.45			General Swim 13.15 – 15.30					Learn to Swim 16.00 – 19.30							Adult Leisure Swim 19.30 – 20.30			
Friday					NPLQ 8.00 – 9.00				General Swim 10.00 – 11.15				Aqua Aerobics 12.15 – 13.00			General Swim 13.15 – 15.30					Learn to Swim 16.00 – 19.30										
Saturday								Learn to Swim 9.00 – 11.00				General Swim 11.00 – 12.00			General Swim 12.30 – 14.30																
Sunday								SEN Friendly Swim 9.05 – 10.00			General Swim 10.15 – 12.00				General Swim 12.30 – 14.30					Private Pool Party 15.00 – 16.00											
	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				