

Harrogate Leisure and Wellbeing Hub pool programme

Half Term – Monday 27th October to Sunday 2nd November 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			Swim Squads Skills Clinic 9 – 10am		* Lane swim 10 – 11am		General swim 11am – 1.45pm					Bookable Fun session 2 – 3.30pm			Lane swim 4 – 9pm													
	* Lane swim 6.30am – 1.45pm													Learn to swim 4 – 7pm		General swim 7 – 9pm				Adult lessons										
Tuesday		General swim 7 – 9am		Swim Squads Skills Clinic 9 – 10am			Bookable Fun session 10.15 – 11.45pm				General swim 12.15 – 3pm			* Lane swim 3 – 4pm		Learn to swim 4 – 6pm		Squads 6 – 9pm												
	* Lane swim 6.30 – 10am												* Lane swim 4 – 6pm																	
Wednesday		General swim 7 – 9am		Swim Squads Skills Clinic 9 – 10am		* Lane swim 10am – 11am		General swim 11am – 1.45pm					Bookable Fun session 2 – 3.30pm			General swim 4 – 9pm														
	* Lane swim 6.30am – 1.45pm													Learn to swim 4 – 6pm		Squads 6 – 8pm			* Lane swim 8 – 9pm											
Thursday		General swim 7 – 9am		Swim Squads Skills Clinic 9 – 10am		* Lane swim 10am – 11am		General swim 11am – 1.45pm					Bookable Fun session 2 – 3.30pm			Learn to swim 4 – 7pm				General swim 7 – 9pm		Adult lessons 8 – 9pm								
	* Lane swim 6.30am – 1.45pm													* Lane swim 4 – 9pm																
Friday		General swim 7 – 9am		Swim Squads Skills Clinic 9 – 10am		* Lane swim 10am – 11am		General swim 11am – 1.45pm					Bookable Fun session 2 – 3.30pm			Learn to swim 4 – 7pm				General swim 7 – 8pm										
	* Lane swim 6.30am – 1.45pm													* Lane swim 4 – 6.30pm		Squads 6.30 – 8pm														
Saturday	* Lane swim 6.30 – 8.30am			Learn to swim 8.30 – 12 noon						* Lane swim 12noon – 1pm			Bookable Fun session 1.15 – 2.45pm			NPLQ Assesment 3 – 4.30pm			General swim 4.30 – 6pm											
		Squads 7 – 8.30am (half pool)			General swim 8.30am – 1pm																									
Sunday	General swim 6.30am – 1pm													Bookable Fun session 1.15 – 2.45pm			Party hire 3 – 4pm			General swim 4.30 – 6pm		Squads 6 – 9pm								
	* Lane swim 6.30am – 1pm																													
	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

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

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

Harrogate Leisure and Wellbeing Hub pool programme

Half Term – Monday 27th October to Sunday 2nd November 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					NPLQ Course 8 – 11am								Aquafit 12.15 – 1pm			Bookable Fun session 2 – 3.30pm					Learn to swim 4 – 6pm			Learn to dive/squads 6 – 8pm					Aquafit 8.15 – 9pm	
Tuesday					NPLQ Course 8 – 10am					Bookable Fun session 10.15 – 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 – 8pm				Adult diving lessons 8 – 9pm	
Wednesday					NPLQ Course 8 – 10am					Aquafit 10.15 – 11am			Aquafit 11.45am – 12.30pm				Bookable Fun session 2 – 3.30pm				Learn to swim 4 – 5pm	Diving lessons/squads 5 – 8pm						Aquafit 8.15 – 9pm		
Thursday					NPLQ Course 8 – 10am				Adult lessons 9.15 – 10am	Adult lessons improvers 10 – 10.45am		Accessible swim 11am – 12 noon		Aquafit 12.05 – 12.50pm	NPLQ Course 1 – 2pm		Bookable Fun session 2 – 3.30pm				Learn to swim 4 – 6pm		Diving squads/ lessons 6 – 9pm							
Friday					NPLQ Course 8 – 11am								Aquafit 12noon – 12.45pm		Good Boost 1 – 1.45pm			Bookable Fun session 2 – 3.30pm				Learn to swim 4 – 7pm					General diving 7.15 – 8pm			
Saturday									Learn to swim 8.30am – 1pm							Bookable Fun session 1.15 – 2.45pm				NPLQ Assessment 3 – 7pm										
Sunday					Learn to swim 8.30 – 11am					Diving lessons/squads 11am – 1pm						Bookable 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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Harrogate Leisure and Wellbeing Hub pool programme

Half Term – Monday 27th October to Sunday 2nd November 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						General swim 9am - 1.45pm											Bookable Fun session 2 - 3.30pm				Learn to swim 4 - 6pm			General swim 6 - 7pm						
Tuesday									Bookable Fun session 10.15 - 11.45am				General swim 12 - 3.45pm						Learn to swim 4 - 6pm			General swim 6 - 7pm								
Wednesday						Learn to swim 9 - 11.30am				General swim 11.30am - 1.45pm					Bookable Fun session 2 - 3.30pm			Learn to swim 4 - 6pm			General swim 6 - 7pm									
Thursday						Learn to swim 9 - 11.30am					General swim 11.45am - 1.45pm				Bookable Fun session 2 - 3.30pm			Learn to swim 4 - 7pm												
Friday						General swim 9 - 11am					Learn to swim 11.30am - 1pm				Bookable Fun session 2 - 3.30pm			Learn to swim 4 - 7pm				General swim 7 - 8pm								
Saturday					Learn to swim 8.30 - 11am				General swim 11.15am - 1pm				Bookable Fun session 1.15 - 2.45pm			Party hire 3 - 4pm														
Sunday				General swim 8am - 1pm											Bookable Fun session 1.15 - 2.45pm			Party hire 3 - 4pm												
	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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