

Knaresborough Leisure and Wellbeing Hub pool programme

Half Term – Monday 27th October to Sunday 2nd November 2025

Main pool

6.30 am77.3088.3099.301010.301111.3012 noon12.3011.3022.3033.3044.3055.3066.3077.3088.309 pm																													
Monday	General swim 6.30 – 9am				Social swim 9 – 10am		General swim 10am – 12noon				Aquafit 12noon – 12.45pm			Fun session 1 – 2.30pm			Good Boost			Learn to swim 4 – 6pm			Swim squads 6 – 9pm						
	* Lane swim 6.30am – 2.45pm						Aquatic Therapy 10 – 11am		General swim																				
									* Lane swim 2.45 – 6pm																				
Tuesday	General swim 6.30 – 12.45am											Fun session 1 – 2.30pm			General swim 2.45–3.45pm			Learn to swim 4 – 7pm			Aquafit 7–7.45pm		Staff training 7.45 – 9pm						
	* Lane swim 6.30am – 12.45pm						Good Boost		* Lane swim 2.45 – 7.45pm																				
General swim 6.30 – 9am									Social swim 9 – 10am		General swim 10 – 11.10am		General swim 11.20am – 12.45pm			Fun session 1 – 2.30pm			General swim 2.45–3.45pm			Learn to swim 4 – 7pm			Aquafit 7.15–8pm		General swim 8 – 9pm		
* Lane swim 6.30am – 12.45pm										* Lane swim 2.45 – 9pm																			
Thursday	General swim 6.30 – 10am						General swim 10 – 11.10am		General swim 11.20am – 12.45pm					Fun session 1 – 2.30pm			Good Boost			Learn to swim 4 – 6pm			Learn to swim/ Adult lessons 6 – 7pm		General swim 7 – 9pm				
	* Lane swim 6.30am – 12.45pm										General swim																		
											* Lane swim 2.45 – 9pm																		
Friday	General swim 6.30 – 9am				Social swim 9–10am		General swim 10am – 12noon				Aquafit 12noon – 12.45pm			Fun session 1 – 2.30pm			General swim 2.45 – 4pm		Learn to swim 4 – 7pm			Lane swim 7 – 8pm							
	* Lane swim 6.30am – 12.45pm						Good Boost		Lane swim 2.45 – 8pm																				
Swim squads 6.30 – 8.30am									Learn to swim 8.30am – 12noon							General swim 12.15am – 1.15pm		Fun session 1.30 – 3pm				Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			* Lane swim 6 – 7pm	
* Lane swim 6.30 – 11am								General swim 11.05am – 12.05pm		* Lane swim 2.45 – 8pm																			
Sunday	General swim 6.30 – 8.30am				Learn to swim 8.30 – 11am				General swim 11.05am – 12.05pm			General swim 12.15 – 1.15pm		Fun session 1.30 – 3pm				Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			* Lane swim 6 – 7pm					
	* Lane swim 6.30 – 10am						General swim 10 – 11am		* Lane swim 11.05am – 12.05pm																				
6.30 am77.3088.3099.301010.301111.3012 noon12.3011.3022.3033.3044.3055.3066.3077.3088.309 pm																													

Programme subject to change. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

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Half Term – Monday 27th October to Sunday 2nd November 2025

Leisure 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						Learn to swim 9 – 11am				General swim 11am – 12.45pm					Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 7pm					Family swim 7 – 8pm					
Tuesday						Toddler swim 9 – 10am		Learn to swim 10 – 11am		General swim 11am – 12.45pm					Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 7pm				Family swim 7 – 8pm						
Wednesday						Toddler swim 9 – 10am		General swim 10am – 12.45pm						Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 7pm				Family swim 7 – 8pm							
Thursday						Toddler swim 9 – 10am		General swim 10am – 12.45pm						Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 6pm			Family swim 6 – 8pm								
Friday						Toddler swim 9 – 10am		Learn to swim 10 – 11am		General swim 11am – 12.45pm					Fun session 1 – 2.30pm				General swim 2.45 – 4pm		Learn to swim 4 – 6.15pm				Family swim 6.15 – 8pm						
Saturday						Learn to swim 8.30am – 12noon							General swim 12.15 – 1.15pm			Fun session 1.30 – 3pm				Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			Family swim 6 – 7pm					
Sunday						Learn to swim 8.30 – 10am			General swim 10 – 11am		General swim 11.05am – 12.05pm			General swim 12.15 – 1.15pm			Fun session 1.30 – 3pm				Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			Family swim 6 – 7pm				
	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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