

Pateley Bridge Leisure and Wellbeing Hub pool programme

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

	7 am	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 pm
Monday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am			Adult swim 9.30 – 11am		General swim 11am – 2pm				Family swim 2 – 3.45pm				Learn to swim 4 – 5.30pm		General swim 5.30 – 6.45pm		Aquafit 6.45 – 7.30pm		Lane swim 7.30 – 8.30pm							
Tuesday	Lane swim 7 – 7.45am	General swim 7.45 – 9am		Aquacore 9 – 9.45am	General swim 9.45 – 11.45am			*Social swim 11.45am – 12.45pm		General swim 12.45 – 2pm		Family swim 2 – 3.45pm				Learn to swim 4 – 5.30pm			General swim 5.45 – 7.30pm		Lane swim 7.30 – 8.30pm							
Wednesday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am			Aquacore 9.30 – 10.15am	Adult swim 10.15 – 11.15am		General swim 11.15am – 2pm				Family swim 2 – 3.45pm				Learn to swim 4 – 5.30pm			General swim 5.45 – 7.30pm		Lane swim 7.30 – 8.30pm		Adult lessons 7.30-8pm					
Thursday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am			Aquafit 9.30 – 10.15am		Learn to swim 10.30 – 11am	General swim 11am – 2pm				Family swim 2 – 3.45pm				Learn to swim 4 – 6pm				General swim 6.15 – 7.30pm		Lane swim 7.30 – 8.30pm						
Friday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am			Aqua circuits 9.30 – 10.15am	Adult swim 10.15 – 11.30am		General swim 11.30am – 1pm		Accessible swim 1 – 2pm		Family swim 2 – 3.45pm				Learn to swim 4 – 6pm			**Pool party 6.15 – 7.15pm			General swim 7.30 – 8.30pm						
Saturday			Swim fit 8 – 9am		Learn to swim 9 – 11.45am				General swim 11.45am – 12.45pm		Family swim 12.45 – 2pm		Party hire/courses/ staff training 2 – 4pm		We operate a no shoes policy in the changing area and on poolside. * Social swim – a gentle splash free session ** For children aged 8-12 years old													
Sunday			Lane swim 8 – 9am		Family swim 9 – 11am			General swim 11am – 1pm			Family swim 1 – 2.30pm																	

Programme subject to change.