

Stokesley Leisure and Wellbeing Hub Programme

27th October to 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	9.30 pm		
Monday	General Lanes ♦ 6.30 – 10am						General Swim ● 10am – 12.30pm						Adult Swim ♦ 12.30 – 2pm		50+ ♦ 2 – 3pm		General Swim ● 3.45 – 6.45pm						Adult Lane Swim ♦ 7 – 8pm		Aquafit 8.15 – 9pm								
Tuesday	General Lanes ♦ 6.30 – 10am						General Swim ● 10 – 11.45am			Adult Swim ♦ 11.45am – 1pm				Aquafit 1.15 – 2pm		General Swim ● 2 – 5.45pm				Learn to Swim 3.45 – 5.45pm					Stokesley Amateur Swim Club 6 – 9pm								
Wednesday	General Lanes ♦ 6.30 – 9.15am						Aquafit 9.30 – 10.15am				Adult Lessons 10.30 – 11.15am		General Swim ● 11.15am – 12.30pm		Adult Swim ♦ 12.30 – 1.45pm				General Swim ● 2 – 6.45pm				Learn to Swim 3.45 – 6.15pm			Adult Lessons		Adult Lane Swim ♦ 7 – 8pm		General Lanes ♦ 8 – 9pm			
Thursday	General Lanes ♦ 6.30 – 10am						General Swim ● 10am – 12.30pm						Adult Swim ♦ 12.30 – 1.30pm				Pool Party 2 – 3pm				General Swim ● 3.45 – 6.15pm					Stokesley Amateur Swim Club 6.30 – 8.30pm			Adult Lane Swim ♦ 8.30 – 9.15pm				
Friday	General Lanes ♦ 6.30 – 8.45am						50+ ♦ 9 – 10am				Aquafit 10.30 – 11.15am		General Swim ● 11.15am – 12.30pm		Adult Swim ♦ 12.30 – 1.45pm		Accessible Swim 2 – 3pm				General Swim ● 3.15 – 8pm						Adult Lane Swim ♦ 8 – 9pm						
Saturday			Stokesley Amateur Swim Club 7 – 8.30am				Learn to Swim 8.45 – 11.45am						General Swim ● 8.45am – 2pm																				
Sunday					General Swim ● 8am – 12.15pm										Family Fun 12.30 – 1.30pm		Book your pool party 1.45 – 2.45pm				Stokesley Amateur Swim Club 3 – 5.30pm												
	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	9.30 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.

KEY ♦ Lanes available ● Single lane



Stokesley Leisure and Wellbeing Hub Programme

27th October to 2nd November 2025

Small 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	9.30 pm
Monday																															
Tuesday																															
Wednesday																															
Thursday																															
Friday																															
Saturday																															
Sunday																															

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 29°C – 31°C. All sessions are inclusive of any changeover time required. Vending machines are available.

KEY ♦ Lanes available ● Single lane

