

Harrogate Leisure and Wellbeing Hub pool programme

Monday 22nd December to Sunday 28th December 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 – 10am						Lane swim 10 – 11am		General swim 11am – 1.45pm							Fun session 2 – 3.30pm				General swim 4 – 9pm									
	* Lane swim 6.30am – 1.45pm													Fun session 2 – 3.30pm				* Lane swim 4 – 9pm												
Tuesday		General swim 7 – 10am						Lane swim 10 – 11am		General swim 11am – 1.45pm							Fun session 2 – 3.30pm				General swim 4 – 6pm			Squads 6 – 9pm						
	* Lane swim 6.30am – 1.45pm													Fun session 2 – 3.30pm				General swim 4 – 6pm			Squads 6 – 9pm									
Wednesday Christmas Eve		General swim 7 – 10am						Lane swim 10 – 11am		General swim 11am – 1.45pm							CLOSED													
	* Lane swim 7am – 1.45pm																													
Thursday Christmas Day	CLOSED																													
Friday Boxing Day	CLOSED																													
Saturday		General swim 7am – 1pm													Fun session 1.15 – 2.45pm					CLOSED										
	* Lane swim 7am – 1pm													Fun session 1.15 – 2.45pm																
Sunday		General swim 7am – 1pm													Fun session 1.15 – 2.45pm					Squads 4 – 6pm										
	* Lane swim 7am – 1pm													Fun session 1.15 – 2.45pm					Squads 4 – 6pm											

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.

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Monday 22nd December to Sunday 28th December 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											General diving 11am - 12 noon	Aquafit 12.15 - 1pm	Swimming teacher training 1 - 2pm											General diving 6 - 7pm		Aquafit 8.15 - 9pm					
Tuesday											General diving 11am - 12 noon			Fun session 2 - 3.30pm																	
Wednesday Christmas Eve							Aquafit 9.30 - 10.15am			Aquafit 11.45am - 12.30pm			CLOSED																		
Thursday Christmas Day	CLOSED																														
Friday Boxing Day	CLOSED																														
Saturday									General diving 10am - 12 noon					Fun session 1.15 - 2.45pm				CLOSED													
Sunday									General diving 10am - 12 noon					Fun session 1.15 - 2.45pm				CLOSED													
	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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Monday 22nd December to Sunday 28th December 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											Fun session 2 - 3.30pm							General swim 5 - 7pm										
Tuesday						General swim 9am - 1.45pm											Fun session 2 - 3.30pm				General swim 4 - 6pm													
Wednesday Christmas Eve						General swim 9am - 1.45pm											CLOSED																	
Thursday Christmas Day	CLOSED																																	
Friday Boxing Day	CLOSED																																	
Saturday						General swim 9am - 1pm											Fun session 1.15 - 2.45pm						CLOSED											
Sunday						General swim 9am - 1pm											Fun session 1.15 - 2.45pm						CLOSED											

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