

Harrogate Leisure and Wellbeing Hub pool programme

Monday 29th December to Sunday 4th January 2026

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				Squads 4 – 6pm									
		* Lane swim 7am – 1.45pm																													
Tuesday		General swim 7 – 10am						Lane swim 10 – 11am				General swim 11am – 1.45pm						Fun session 2 – 3.30pm				Squads 4 – 7pm									
		* Lane swim 7am – 1.45pm																													
Wednesday New Year’s Eve		General swim 7 – 10am						Lane swim 10 – 11am				General swim 11am – 1.45pm						CLOSED													
		* Lane swim 7am – 1.45pm																													
Thursday New Year’s Day	CLOSED																														
Friday	General swim 6.30 – 10am						Lane swim 10 – 11am				General swim 11am – 1.45pm						Fun session 2 – 3.30pm				General swim 4 – 7pm										
	* Lane swim 6.30am – 1.45pm																				* Lane swim 4 – 6.30pm			Squads 6.30 – 8pm							
Saturday	All pools CLOSED for Harrogate Swim Club Gala																														
Sunday	All pools CLOSED for Harrogate Swim Club Gala																														

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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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													Aquafit 12.15 - 1pm		Fun session 2 - 3.30pm																
Tuesday											General diving 11am - 12 noon					Fun session 2 - 3.30pm															
Wednesday New Year's Eve											General diving 11am - 12 noon					CLOSED															
Thursday New Year's Day	CLOSED																														
Friday													Aquafit 12noon - 12.45pm		Fun session 2 - 3.30pm						General diving 6 - 7pm										
Saturday	All pools CLOSED for Harrogate Swim Club Gala																														
Sunday	All pools CLOSED for Harrogate Swim Club Gala																														

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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															
Tuesday						General swim 9am - 1.45pm											Fun session 2 - 3.30pm															
Wednesday New Year's Eve						General swim 9am - 1.45pm											CLOSED															
Thursday New Year's Day	CLOSED																															
Friday						General swim 9am - 1.45pm											Fun session 2 - 3.30pm						General swim 4 - 7pm									
Saturday	All pools CLOSED for Harrogate Swim Club Gala																															
Sunday	All pools CLOSED for Harrogate Swim Club Gala																															

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