

Knaresborough Leisure and Wellbeing Hub pool programme

Monday 22nd December – Sunday 28th December 2025

Main pool

5am 5.30 6 6.30 7 7.30 8 8.30 9 9.30 10 10.30 11 11.30 noon 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 6.30am – 12noon												AquaFit 12noon – 12.45pm		*Bookable Fun session 1 – 2.30pm					General swim 2.45 – 6pm				Swim squads 6 – 9pm						
					* Lane swim 6.30am – 12.45pm												Good Boost 2.45 – 3.45pm							* Lane swim 3.45 – 6pm										
Tuesday					General swim 6.30am – 12.45pm													*Bookable Fun session 1 – 2.30pm					General swim 2.45 – 7pm						AquaFit 7 – 7.45pm	General swim 7.45 – 9pm				
					* Lane swim 6.30 – 9am				Good Boost 9 – 10am		* Lane swim 10am – 12.45pm												* Lane swim 2.45 – 9pm											
Wednesday Christmas Eve					General swim 7am – 2pm												CLOSED																	
					* Lane swim 7am – 12 noon										Good Boost 12 noon – 1pm																		* Lane swim 1 – 2pm	
Thursday Christmas Day	CLOSED																																	
Friday Boxing Day	CLOSED																																	
Saturday	Swim squads 5 – 8.30am						General swim 8.30am – 12.45pm													*Bookable Fun session 1 – 2.30pm					General swim 2.45 – 4pm		CLOSED							
					* Lane swim 7am – 12.45pm																													
Sunday					General swim 6.30am – 12noon													*Bookable Fun session 1 – 2.30pm					General swim 2.45 – 4pm		CLOSED									
					* Lane swim 6.30am – 12.45pm																													
5am 5.30 6 6.30 7 7.30 8 8.30 9 9.30 10 10.30 11 11.30 noon 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																																		

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

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Monday 22nd December – Sunday 28th December 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							Toddler swim 9 – 10am		General swim 10 – 11.30am			Toddler swim 11.45am – 12.45pm			*Bookable Fun session 1 – 2.30pm				General swim 2.45 – 6pm						Family swim 6 – 8pm					
Tuesday							Toddler swim 9 – 10am		General swim 10am – 12.45pm						*Bookable Fun session 1 – 2.30pm				General swim 2.45 – 6pm						Family swim 6 – 8pm					
Wednesday Christmas Eve							Toddler swim 9 – 10am		General swim 10am – 2pm																					
Thursday Christmas Day																														
Friday Boxing Day																														
Saturday							Toddler swim 9 – 10am		General swim 10am – 12.45pm						*Bookable Fun session 1 – 2.30pm				General swim 2.45 – 4pm											
Sunday							Toddler swim 9 – 10am		General swim 10am – 12.45pm						*Bookable Fun session 1 – 2.30pm				General swim 2.45 – 4pm											

Programme subject to change. *All our bookable sessions can be booked via the Active North Yorkshire app or our website. Flume available during all general swims, family swims and fun sessions.