

Harrogate Leisure and Wellbeing Hub pool programme

Half Term – Monday 16th to Sunday 22nd February 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 – 9am						* Lane swim 10 – 11am		General swim 11am – 1.45pm				Aquafit			Bookable Fun session 2 – 3.30pm			Lane swim 4 – 9pm										
	* Lane swim 6.30am – 1.45pm																Learn to swim 4 – 7pm		General swim				Aquafit							
Tuesday		General swim 7 – 10am						Bookable Fun session 10.15 – 11.45pm			Accessible swim 12.15 – 1.15pm		General swim 12.15 – 3pm			* Lane swim 3 – 4pm			Learn to swim 4 – 6pm		Squads 6 – 9pm									
	* Lane swim 6.30 – 10am														Good Boost 3–3.45pm			* Lane swim 4 – 6pm												
Wednesday		General swim 7 – 10am				Aquafit		Adult Lessons Beginners	Adult Lessons Improvers	Aquafit							Bookable Fun session 2 – 3.30pm			General swim 4 – 9pm				Aquafit						
								General swim 11am – 1.45pm										Learn to swim 4 – 6pm		Squads 6 – 8pm		* Lane swim 8 – 9pm								
	* Lane swim 6.30am – 1.45pm																													
Thursday		General swim 7 – 10am				* Lane swim 10am – 11am		General swim 11am – 1.45pm				Accessible swim		Aquafit 12.05 – 12.50pm			Bookable Fun session 2 – 3.30pm			Learn to swim 4 – 7pm				General swim 7 – 9pm		Adult lessons 8 – 9pm				
	* Lane swim 6.30am – 1.45pm																					* Lane swim 4 – 9pm								
Friday		General swim 7 – 10am				* Lane swim 10am – 11am		General swim 11am – 1.45pm				Aquafit		Good Boost			Bookable Fun session 2 – 3.30pm			Learn to swim 4 – 7pm				General swim 7 – 8pm						
	* Lane swim 6.30am – 1.45pm																					* Lane swim 4 – 6.30pm				Squads 6.30 – 8pm				
Saturday	* Lane swim 6.30 – 8.30am				Learn to swim 8.30 – 12 noon				* Lane swim 12noon – 1pm					Bookable Fun session 1.15 – 2.45pm			NPLQ Assesment 3 – 4.30pm			General swim 4.30 – 6pm										
		Squads 7 – 8.30am (half pool)				General swim 8.30am – 12noon				Junior Masters 12noon – 1pm																				
Sunday	General swim 6.30am – 1pm															Bookable Fun session 1.15 – 2.45pm			Party hire 3 – 4pm			General swim 4.30 – 6pm		Squads 6 – 9pm						
	* Lane swim 6.30am – 1pm																													
	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

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.

Learner pool

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.