

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		Aquafit																										
		* Lane swim 6.30am - 1.45pm					General swim 11am - 1.45pm																										
		Bookable Fun session 2 - 3.30pm					Lane swim 4 - 9pm																										
		Learn to swim 4 - 7pm					General swim																										
		Aquafit																															
Tuesday		General swim 7 - 10am					Bookable Fun session 10.15 - 11.45pm																										
		* Lane swim 6.30 - 10am					Accessible swim 12.15 - 1.15pm				General swim 12.15 - 3pm				* Lane swim 3 - 4pm				Learn to swim 4 - 6pm				Squads 6 - 9pm										
		Good Boost 3 - 3.45pm					* Lane swim 4 - 6pm																										
Wednesday		General swim 7 - 10am	Aquafit	Adult Lessons Beginners	Adult Lessons Improvers		Aquafit																										
		General swim 11am - 1.45pm					Bookable Fun session 2 - 3.30pm				General swim 4 - 9pm				Aquafit																		
		* Lane swim 6.30am - 1.45pm													Learn to swim 4 - 6pm				Squads 6 - 8pm				* Lane swim 8 - 9pm										
Thursday		General swim 7 - 10am	* Lane swim 10am - 11am		General swim 11am - 1.45pm																												
		Accessible swim 12.05 - 12.50pm					Bookable Fun session 2 - 3.30pm				Learn to swim 4 - 7pm				General swim 7 - 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					Bookable Fun session 2 - 3.30pm				Learn to swim 4 - 7pm				General swim 7 - 8pm																			
	* Lane swim 10am - 11am					* 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																										
		Squads 7 - 8.30am (half pool)					General swim 8.30am - 12noon				Junior Masters 12noon - 1pm				Bookable Fun session 1.15 - 2.45pm				NPLQ Assesment 3 - 4.30pm				General swim 4.30 - 6pm										
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																																

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.

01/26 78328657

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Learner pool

*45 minute session available for members to book via the Active North Yorkshire app.

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