

# Pateley Bridge Leisure and Wellbeing Hub pool programme

## From Monday 5th January 2026

	7 am	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 pm
Monday	Lane swim 7 – 7.45am	**** General swim 7.45 – 10.30am							Adult lessons	Learn to swim 11.15 – 11.45am	General swim 11.45am – 12.45pm		Schools 1 – 2.30pm				General swim 2.45 – 3.45pm		Learn to swim 4 – 5.30pm	General swim 5.30 – 6.45pm	Aquafit 6.45 – 7.30pm	Lane swim 7.30 – 8.30pm						
Tuesday	Lane swim 7 – 7.45am	General swim 7.45 – 9am	Aquacore 9 – 9.45am	General swim 9.45 – 11am		Schools 11 – 11.45am			*Social swim 11.45am – 2pm			Staff training 2 – 4pm				Learn to swim 4 – 5.30pm		General swim 5.45 – 7.30pm		Lane swim 7.30 – 8.30pm								
Wednesday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am		Aquacore 9.30 – 10.15am		Sunflowers 10.30 – 11am	General swim 11am – 1.15pm				Schools 1.30 – 2pm		****General swim 2.15 – 3.45pm			Learn to swim 4 – 5.30pm		General swim 5.45 – 7.30pm		Lane swim 7.30 – 8.30pm	Adult lessons 7.30-8pm							
Thursday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am		Aquafit 9.30 – 10.15am		Learn to swim 10.30 – 11am	General swim 11.15am – 3.45pm								Learn to swim 4 – 6pm			General swim 6.15 – 7.30pm		Lane swim 7.30 – 8.30pm								
Friday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am		Aqua circuits 9.30 – 10.30am	Schools 10.30 – 11.15am		General swim 11.15am – 1.15pm			Accessible swim 1.15 – 2.15pm	****General swim 2.15 – 3.45pm			Learn to swim 4 – 6pm			***Pool party 6.15 – 7.15pm			General swim 7.30 – 8.30pm								
Saturday			Swim fit 8 – 9am		Learn to swim 9.15 – 11.45am				General swim 11.45am – 12.45pm	**Family swim 12.45 – 2pm		Party hire/courses/ staff training 2 – 4pm			We operate a no shoes policy in the changing area and on poolside.  * Social swim – a gentle splash free session ** Family fun with small pool toys *** For children aged 8-12 years old ****Lanes may be use by Nidderdale High School													
Sunday			Lane swim 8 – 9am	Family swim 9 – 11am				General swim 11am – 1pm			**Family swim 1 – 2.30pm		Party hire/courses 2.30 – 4pm															
	7 am	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 pm

Programme subject to change. We run an alternative programme during school holidays.