

Ripon Leisure and Wellbeing Hub - The Jack Laugher Centre pool programme

From Tuesday 6th January 2026

	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	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9am	Adult lessons 9 - 10am	General swim 10 - 10.45am	Schools 10.45am - 12.15pm																			General swim 6 - 7pm		Lane swim 7 - 9pm				
Tuesday	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9am	Aquafit 9 - 10am	Accessible swim 10 - 11am	General swim 11am - 12.45pm	Schools 12.45 - 2.15pm																	General swim 6 - 7pm	Aquafit 7 - 8pm	Lane swim/ Private hire *5 lanes 8 - 9pm		Adult lessons 8 - 9pm			
Wednesday	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9.15am		Learn to swim 9.15 - 11.15am	General swim 11.15am - 12.45pm	Schools 12.45 - 2.45pm																General swim 6 - 7pm	Aqua Zumba 7 - 8pm	Lane swim 8 - 9pm						
Thursday	* Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9am	Accessible swim 9 - 10am	Aquababes 10 - 11am	Aquafit 11.15am - 12noon	General swim 12noon - 1.15pm	Schools 1.15 - 2.45pm															Learn to swim 4 - 6pm	Swim squads 6 - 9pm							
Friday	*Lane swim 6.30 - 7.45am	Lane swim 7.45 - 9am	General swim 9 - 10.15am	Schools 10.15 - 11.15am	General swim 11.15am - 1.15pm		Schools 1.15 - 3pm		General swim 3 - 4pm													General swim 6.30 - 8pm	Lane swim/ Private hire 8 - 9pm							
Saturday		Lane swim 7 - 7.45am	General swim 7.45 - 8.30am		Learn to swim 8.30am - 12noon		General swim 12noon - 2.15pm		Fun session with inflatable 2.30 - 3.45pm												Party hire 4 - 5pm	Private hire/staff training 5 - 6pm								
Sunday		Lane swim 7 - 7.45am	General swim 7.45 - 8.30am		Learn to swim 8.30 - 10.30am	General swim 10.30am - 12noon	Family swim 12noon - 1pm	**SEND's 1.15 - 2.15pm		Fun session with inflatable 2.30 - 3.45pm											Party hire 4 - 5pm	Private hire/staff training 5 - 6pm								

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

01/26/780367244