

Bedale Leisure and Wellbeing Hub Programme

Half Term – 16th to 22nd February 2026

pool

	6.45 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 Lanes ♦ 6.45 – 9.15am				General Swim ● 9.15 – 11am				50+ ● 11am – 12.30pm				Adult Lane Swim ♦ 12.30 – 1.30pm		General Swim 1.30 – 3.45pm				Learn to Swim 3.45 – 5.15pm				General Swim ● 5.15 – 6pm		Aquafit 6.15 – 7pm		Adult Lane Swim ♦ 7.15 – 8.45pm		Adult Lessons	
Tuesday	General Lanes ♦ 7 – 9.15am				General Swim ● 9.15 – 11.15am				Aquafit 11.30am – 12.15pm		Adult Lane Swim ♦ 12.30 – 1.30pm		Closed Staff Training 1.30 – 3.30pm				Learn to Swim 3.30 – 5.30pm				General Swim ● 5.30 – 6.30pm		Adult Lane Swim ♦ 6.30 – 7.30pm		NASC 7.30 – 9pm					
Wednesday	General Lanes ♦ 7 – 9.15am				General Swim 9.15 – 11am				Fun Zone 11am – 12noon		Adult Lane Swim ♦ 12.30 – 1.30pm		Hydrofit 1.45 – 2.30pm		Aquafit 2.45 – 3.30pm		Learn to Swim 4 – 5.30pm				Fun Zone 5.30 – 6.45pm		General Swim ● 6.45 – 8pm		Adult Lane Swim ♦ 8 – 9pm					
Thursday	General Swim 8.15 – 9.45am				Pre School Lessons 9.45am – 11.15pm				Aquafit 11.30am – 12.15pm		Adult Lane Swim ♦ 12.30 – 1.30pm		General Swim 1.30 – 2.45pm		50+ ● 2.45 – 3.45pm		Learn to Swim 3.45 – 5.45pm				General Swim ● 5.45 – 6.45pm		NASC 6.45 – 8.15pm				Adult Lane Swim ♦ 8.15 – 9pm			
Friday	General Lanes ♦ 7 – 9am				General Swim 9 – 11am				Fun Zone 11.15am – 12.15pm		Adult Lane Swim ♦ 12.30 – 1.30pm		Accessible Swim 1.30 – 2.30pm		General Swim 2.30 – 4pm		Learn to Swim 4 – 5.45pm				General Swim ● 5.45 – 7.30pm		Aquafit 7.30 – 8.15pm							
Saturday	General Lanes ♦ 8 – 9am		Learn to Swim 9am – 12.30pm										General Swim 12noon – 12.45pm																	
Sunday	General Lanes ♦ 8 – 9am		Family Fun 9 – 10am		Pool Party 10 – 11am		General Swim ♦ 11am – 12noon		Book your pool party 12noon – 1pm																					
	6.45 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

General Information: Lockers £1 returnable. Swimwear and swimming equipment available to buy at reception. Times are subject to change on Bank Holiday. Please check our website and facebook page for news on any changes to the programme. Adult to child ratio is 1:2. All children under 8 must be accompanied by an adult or guardian in the water. We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C – 30°C. All sessions are inclusive of any changeover time required. RAF swim tests may take place Mon-Fri between 7.45-9am. Vending machines are available.

KEY ♦ Lanes available ● Single lane

