

Pateley Bridge Leisure and Wellbeing Hub pool programme

From Monday 23rd February 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.																			
Sunday		Lane swim 8 - 9am	Family swim 9 - 11am		General swim 11am - 1pm	**Family swim 1 - 2.30pm	Party hire/courses 2.30 - 4pm	* 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																				

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