

Stokesley Leisure and Wellbeing Hub Programme

From Monday 23rd 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	9.30 pm
Monday	General Lanes ♦ 6.30 - 9am		School Swimming 9.15 - 11.15am				Adult Swim ♦ 11.30am - 1pm		50+ ♦ 1 - 2.15pm		School Swimming 2.30 - 3.30pm		General Swim ● 3.45 - 6.45pm				Learn to Swim 3.45 - 6.45pm		Adult Lane Swim ♦ 7 - 8pm		Aquafit 8.15 - 9pm										
Tuesday	General Lanes ♦ 6.30 - 9.15am		School Swimming 9.30 - 11.30am				Adult Swim ♦ 11.45am - 1pm		Aquafit 1.15 - 2pm		General Swim ● 2 - 3.30pm		General Swim ● 3.45 - 5.45pm		Stokesley Amateur Swim Club 6 - 9pm				Learn to Swim 3.45 - 5.45pm												
Wednesday	General Lanes ♦ 6.30 - 9.15am		Aquafit 9.30 - 10.15am		Adult Lessons 10.30 - 11.15am		Adult Swim ♦ 11.30am - 1pm		Discount Dip 1 - 2pm		General Swim ● 2 - 3.30pm		General Swim ● 3.45 - 6.45pm				Learn to Swim 3.45 - 6.45pm		Adult Lane Swim ♦ 7 - 9pm												
Thursday	General Lanes ♦ 6.30 - 9am		School Swimming 9.15 - 11.30am				Adult Swim ♦ 11.45am - 1.30pm		Closed Staff Training 1.30 - 3.30pm				General Swim ● 3.45 - 6.15pm		Learn to Swim 3.45 - 6.15pm		Stokesley Amateur Swim Club 6.30 - 8.30pm		Adult Lane Swim ♦ 8.30 - 9.15pm												
Friday	General Lanes ♦ 6.30 - 8.45am		50+ ♦ 9 - 10am		Aquafit 10.30 - 11.15am		General Swim ● 11.15am - 12.30pm		Adult Swim ♦ 12.30 - 1.45pm		Accessible Swim 2 - 3pm		General Swim ● 3.15 - 8pm				Learn to Swim 3.45 - 6.15pm		Adult Lane Swim ♦ 8 - 9pm												
Saturday	Stokesley Amateur Swim Club 7 - 8.30am		General Swim ● 8.45am - 2pm														Learn to Swim 8.45 - 11.45am														
Sunday			General Swim ● 8am - 12.15pm								Family Fun 12.30 - 1.30pm		Book your pool party 1.45 - 2.45pm		Stokesley Amateur Swim Club 3 - 5.30pm																

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. Vending machines are available.

KEY ♦ Lanes available ● Single lane

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From Monday 23rd February 2026

Small 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	9.30 pm		
Monday							School Swimming 9.15 - 11.15am				General Swim 11.30am - 12.30pm		Pre School Lessons 12.30 - 2pm				School Swimming 2.30 - 3.30pm				Learn to Swim 3.45 - 6.45pm												
Tuesday							School Swimming 9.30 - 11.30am					Pre School Lessons 12noon - 1pm		General Swim 1.15 - 3.30pm								Learn to Swim 3.45 - 6.45pm											
Wednesday								General Swim 9.30 - 11.15am			Pre School Lessons 11.30am - 1pm		Discount Dip 1 - 2pm	General Swim 2 - 3.30pm								Learn to Swim 3.45 - 6.45pm											
Thursday							School Swimming 9.30 - 11.30am				General Swim 12noon - 1pm			Closed Staff Training 1.30 - 3.30pm								Learn to Swim 3.45 - 6.45pm											
Friday							Pre School Lessons 9.30 - 11.30am					General Swim 12.15 - 1.45pm		Accessible Swim 2 - 3pm								Learn to Swim 3.45 - 6.15pm				General Swim 6.30 - 8pm							
Saturday							Learn to Swim 8.45am - 12.45pm						General Swim 1 - 2pm																				
Sunday							General Swim 8am - 12.15pm						Family Fun 12.30 - 1.30pm		Book your pool party 1.45 - 2.45pm																		

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): Small pool 29°C - 31°C. All sessions are inclusive of any changeover time required. Vending machines are available.

KEY ◆ Lanes available ● Single lane