

Knarborough Leisure and Wellbeing Hub pool programme

From Monday 13th April 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 pm
Monday	General swim 6.30 - 9am		Learn to swim 9 - 11.15am			General swim 11.15 - 12noon		Aquafit 12noon - 12.45pm		School swim 1 - 2.30pm			General swim 2.30 - 4pm		Learn to swim 4 - 6pm		Swim squads 6 - 9pm													
* Lane swim 6.30am - 4pm																														
Tuesday	General swim 6.30 - 9am		General swim 9 - 10am		Learn to swim 10 - 11am		Private hire 11am - 12noon		General swim 12noon - 1.15pm		School swim 1.15 - 2.45pm		General swim 2.45 - 4pm		Learn to swim 4 - 7pm						Aquafit 7 - 7.45pm		General swim 8 - 9pm							
* Lane swim 6.30am - 4pm																														
* Lane swim 7 - 9pm																														
Wednesday	General swim 6.30 - 9am		School swim 9.15 - 11.45am						General swim 11.45am - 1pm		Quiet swim 1 - 2pm		General swim 2 - 4pm				Learn to swim 4 - 7pm						Aquafit 7.15 - 8pm		General swim 8 - 9pm					
* Lane swim 6.30am - 2pm																														
* Lane swim 7 - 9pm																														
Thursday	General swim 6.30 - 9am		Social swim 9 - 10am		Learn to swim 10.15 - 11.15am		General swim 11.15 - 12.45pm		School swim 12.45 - 2.15pm		General swim 2.15 - 4pm		Learn to swim 4 - 6pm		Adult lessons 6 - 7pm		Learn to swim 6 - 7pm		General swim 7 - 9pm											
* Lane swim 6.30am - 4pm																														
* Lane swim 6 - 9pm																														
Friday	General swim 6.30 - 10am		Good Boost 9.30 - 10.30am		Learn to swim 10 - 11am		General swim 11 - 12noon		Aquafit 12noon - 12.45pm		General swim 1 - 4pm						Learn to swim 4 - 7pm						General swim 7 - 8pm							
* Lane swim 6.30am - 4pm																														
* Lane swim 7 - 8pm																														
Saturday	Swim squads 5 - 8.30am		Learn to swim 8.30am - 12noon						General swim 12.15 - 1.15pm		Bookable Fun session 1.30 - 3pm		Party hire 3.30 - 4.30pm		Party hire 4.45 - 5.45pm		* Lane swim 6 - 7pm													
* Lane swim 6.30 - 11am																														
Sunday	General swim 6.30 - 8.30am		Learn to swim 8.30 - 11am				* Lane swim 11.05 - 12noon		General swim 12.15 - 1.15pm		Bookable Fun session 1.30 - 3pm		Party hire 3.30 - 4.30pm		Party hire 4.45 - 5.45pm		* Lane swim 6 - 7pm													
* Lane swim 6.30 - 10am																														
* Lane swim 10 - 11am																														
* Lane swim 11.05am - 12.05pm																														

Programme subject to change. We run an alternative programme during school holidays. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

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From Monday 13th April 2026

Leisure 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 pm				
Monday	CLOSED – FOR ESSENTIAL MAINTENANCE																																	
Tuesday	CLOSED – FOR ESSENTIAL MAINTENANCE																																	
Wednesday	CLOSED – FOR ESSENTIAL MAINTENANCE																																	
Thursday	CLOSED – FOR ESSENTIAL MAINTENANCE																																	
Friday	CLOSED – FOR ESSENTIAL MAINTENANCE																																	
Saturday					Learn to swim 8.30am - 12noon								General swim 12.15 - 1.15pm		Fun session 1.30 - 3pm				Party hire 3.30 - 4.30pm			Party hire 4.45 - 5.45pm			Family swim 6 - 7pm									
Sunday					Learn to swim 8.30 - 10am			General swim 10 - 11am		General swim 11.05am - 12.05pm			General swim 12.15 - 1.15pm			Fun session 1.30 - 3pm				Party hire 3.30 - 4.30pm			Party hire 4.45 - 5.45pm			Family swim 6 - 7pm								

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