

Northallerton Leisure and Wellbeing Hub Programme

From Tuesday 1st July 2025

Main 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 - 9am		School Swimming 9.15 - 11.45am					Adult Lane Swim ♦ 12noon - 1pm		Accessible Swim 1 - 2pm		Discount Dip 2 - 3.45pm			Learn to Swim 4 - 6.45pm				Northallerton Amateur Swim Club 6.45 - 9pm											
Tuesday	General Lanes ♦ 6.45 - 9am		50+ ♦ 9.15 - 10.15am		General Swim 10.15 - 11.45am			Adult Lane Swim ♦ 12noon - 1pm		Aquanatal 1.15 - 2pm		General Swim ○ 2 - 3.45pm			Learn to Swim 4 - 6.30pm			General Swim ● 6 - 7pm		Adult Lessons 7 - 7.45pm		Adult Lane Swim ♦ 8 - 9pm								
Wednesday	General Lanes ♦ 6.45 - 9am		School Swimming 9.15 - 11.45am					Adult Lane Swim ♦ 12noon - 1pm		AquaFit 1.15 - 2pm		General Swim ○ 2 - 3.45pm			Learn to Swim 4 - 6pm			Northallerton Amateur Swim Club 6 - 9pm												
Thursday	General Lanes ♦ 6.45 - 9am		50+ ♦ 9.15 - 10.15am		General Swim 10.15 - 11.45am			Adult Lane Swim ♦ 12noon - 1pm		General Swim 1.15 - 2pm		Closed Staff Training 2 - 3.45pm			Learn to Swim 4 - 6pm			General Swim ● 6 - 7pm		Adult Lane Swim ♦ 7 - 9pm										
Friday	General Lanes ♦ 6.45 - 9am		School Swimming 9.15 - 11.45am					Adult Lane Swim ♦ 12noon - 1pm		General Swim ○ 1.15 - 3.45pm				Learn to Swim 4 - 5pm		Big Swim 5 - 6.30pm		AquaFit 6.30 - 7.15pm		Northallerton Amateur Swim Club 7.30 - 9pm										
Saturday	General Lanes ♦ 7 - 8.30am		Learn to Swim 8.30 - 10.30am			Big Swim 10.45am - 3pm																								
Sunday				General Lanes ♦ 8 - 9am		SEND 9.15 - 10.15am		Big Swim 10.30am - 3pm					Book your pool party 3.15 - 4.15pm																	

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 ● Water slide ○ Water slide used intermittently

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Lagoon

	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							School Swimming 9.15 - 11.45am										Discount Dip 2 - 3.45pm				Learn to Swim 4 - 6.45pm														
Tuesday							Parent & Tots 9.15 - 10.15am		General Swim 10.15 - 11.45am						Parent & Tots 1.15 - 2pm		General Swim O 2 - 3.45pm				Learn to Swim 4 - 6pm		General Swim ● 6 - 7pm												
Wednesday							School Swimming 9.15 - 11.45am										General Swim O 2 - 3.45pm				Learn to Swim 4 - 6pm														
Thursday							Parent & Tots 9.15 - 10.15am		General Swim 10.15 - 11.45am						General Swim 1.15 - 2pm		Closed Staff Training 2 - 3.45pm				Learn to Swim 4 - 6pm		General Swim ● 6 - 7pm												
Friday							School Swimming 9.15 - 11.45am									General Swim O 1.15 - 3.45pm				Learn to Swim 4 - 5pm		Big Swim 5 - 6.30pm													
Saturday							Learn to Swim 8.30 - 10.30am							Big Swim 10.45am - 3pm																					
Sunday							SEND 9.15 - 10.15am							Big Swim 10.30am - 3pm							Book your pool party 3.15 - 4.15pm														

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