

Bedale Leisure and Wellbeing Hub Programme

Half Term - 25th to 31st May 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													Adult Lane Swim ♦ 12.30 - 1.30pm		General Swim 1.30 - 3.45pm					Learn to Swim 3.45 - 5.15pm											
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 - 12.15pm				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 8.30 - 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 11am - 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 - 7pm		Aquafit 7 - 7.45pm						
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		Fun Zone 10 - 11am		General Swim ♦ 11am - 12noon		Book your pool party 12noon - 1pm																				

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



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