

Harrogate 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 7 - 9am					Schools 9.15 - 11.45am				Lane swim 11.45am - 2pm			Staff Training 2 - 4pm				Learn to swim 4 - 7pm			General swim 7 - 9pm									
	* Lane swim 6.30am - 2pm																* Lane swim 4 - 9pm			Squads 7 - 8pm										
Tuesday		General swim 7 - 9am					Schools 9.15 - 11.45am				General swim 12noon - 2pm		Lane swim 2 - 4pm				Learn to swim 4 - 6pm		Squads 6 - 9pm											
	* Lane swim 6.30am - 2pm																* Lane swim 4 - 5.45pm													
Wednesday		General swim 7 - 9am			General swim 9.15am - 12noon				Lane swim 12noon - 1.15pm		Schools 1.15 - 2.45pm		General swim 3 - 9pm					Learn to swim 4 - 6pm		Squads 6 - 8pm		* Lane swim 8 - 9pm								
	* Lane swim 6.30am - 12noon												* Lane swim 1.15 - 4pm																	
Thursday		General swim 7 - 9am			General swim 9.15am - 12noon				Lane swim 12noon - 1pm		Schools 1.15 - 2.45pm			General swim 3 - 4pm	Learn to swim 4 - 7pm			General swim 7 - 8pm	Adult lessons 8 - 9pm											
	* Lane swim 6.30am - 9pm																General swim 7 - 9pm													
Friday		General swim 7 - 9am			General swim 9.15 - 11.45am				General swim 12noon - 2pm		Lane swim 2 - 3.45pm		Learn to swim 4 - 7pm			General swim 7 - 8pm														
	* Lane swim 6.30am - 6.30pm																							Squads 6.30 - 8pm						
Saturday	* Lane swim 6.30 - 8.30am		Learn to swim 8.30am - 1pm						Fun session 1.15 - 2.45pm		Party hire 3 - 4pm		General swim 4.30 - 6pm																	
	Squads (half pool) 7 - 8.30am		General swim 8.30am - 12noon					* Lane swim 12noon - 1pm																						
Sunday	General swim 6.30am - 1pm												Fun session 1.15 - 2.45pm		Party hire 3 - 4pm		General swim 4.30 - 6pm			Squads 7 - 9pm										
	* Lane swim 6.30am - 1pm																													

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

*45 minute session available for members to book via the Active North Yorkshire app.

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From Monday 13th April 2026

Activity 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							Schools 9.15 - 11.45am					AquaFit 12.15 - 1pm	Staff training 1 - 4pm					Learn to swim 4 - 5pm	Diving squads/lessons 5 - 8pm					AquaFit 8.15 - 9pm						
Tuesday							Schools 9.15 - 11.45am					Accessible swim 12 noon - 1pm		Learn to swim 1.15 - 2.45pm		Aqua Natal Good Boost 3 - 3.45pm		Learn to swim 4 - 6pm	Squads 6 - 9pm											
Wednesday							AquaFit 9.30 - 10.15pm	Adult lessons Beginners 10.15 - 11am	Adult lessons Improvers 11 - 11.45am		AquaFit 11.45am - 12.30pm		Schools 1.15 - 2.45pm				Learn to swim 4 - 5pm	Diving lessons/squads 5 - 8pm					AquaFit 8.15 - 9pm							
Thursday										Accessible swim 11am - 12 noon		AquaFit 12.05 - 12.50pm		Schools 1.15 - 2.45pm				Learn to swim 4 - 6pm	Diving lessons/ squads 6 - 7.45pm											
Friday							Schools 9.15 - 11.45am					AquaFit 12noon - 12.45pm		Good Boost 1.45 - 2.30pm				Learn to swim 4 - 7pm			General diving 7.15 - 8pm									
Saturday							Learn to swim 8.30am - 1pm							Fun session 1.15 - 2.45pm		Party hire 3 - 4pm		General Diving 4.30 - 5.30pm												
Sunday							Learn to swim 8.30 - 11am		Diving lessons/squads 11am - 1pm					Fun session 1.15 - 2.45pm		Diving lessons/squads 3 - 6pm														

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From Monday 13th April 2026

Learner 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							Schools 9.15 - 11.45am					General swim 12noon - 2pm		Staff training 2 - 4pm						Learn to swim 4 - 6pm				General swim 6 - 7pm							
Tuesday							Schools 9.15 - 11.45am						General swim 12noon - 3.45pm							Learn to swim 4 - 6pm					General swim 6 - 7pm						
Wednesday							Learn to swim 9 - 11.30am				General swim 11.30am - 1pm			Schools 1.15 - 2.45pm		General swim 3 - 3.45pm				Learn to swim 4 - 6pm					General swim 6 - 7pm						
Thursday							Learn to swim 9 - 11.30am				General swim 11.30am - 1pm			Schools 1.15 - 2.45pm		General swim 3 - 3.45pm				Learn to swim 4 - 7pm											
Friday								General swim 9.15 - 11.15am				Learn to swim 11.30am - 1pm			General swim 1.15 - 3pm						Learn to swim 4 - 7pm					General swim 7 - 8pm					
Saturday							Learn to swim 8.30 - 11am				General swim 11.15am - 1pm			Fun session 1.15 - 2.45pm				Party hire 3 - 4pm													
Sunday							General swim 9am - 1pm							Fun session 1.15 - 2.45pm				Party hire 3 - 4pm													

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