

Knarborough Leisure and Wellbeing Hub pool programme

May Half Term - Monday 25th to Sunday 31st May 2026

Main pool

	5.30 am	6	6.30	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
Bank Holiday Monday			General swim 7 - 9am		Social swim 9 - 10am		Aquatic Therapy	General swim 10am - 12noon		AquaFit 12noon - 12.45pm		Fun session 1 - 2.30pm		General swim 2.45 - 4pm		CLOSED																
			* Lane swim 7 - 9am		Learn to swim		* Lane swim 10am - 12.45pm							* Lane swim 2.45 - 4pm																		
Tuesday			General swim 6.30 - 9am		General swim Good Boost		General swim 10 - 11.15am		General swim 11.30am - 12.45pm		Fun session 1 - 2.30pm		General swim 2.45 - 4pm		Learn to swim 4 - 7pm		AquaFit 7 - 7.45pm		Staff training 8 - 9pm		* Lane swim 2.45 - 8pm											
			* Lane swim 6.30 - 9am		Learn to swim		* Lane swim 10am - 12.45pm																									
Wednesday			General swim 6.30 - 9am		Social swim Lane Swim		Fun session 10.15 - 11.45am		General swim 12noon - 12.45pm		Fun session 1 - 2.30pm		General swim 2.45 - 4pm		Learn to swim 4 - 7pm		AquaFit 7.15 - 8pm		General swim 8 - 9pm		* Lane swim 2.45 - 9pm											
			* Lane swim 6.30 - 9am		Learn to swim																											
Thursday			General swim 6.30 - 9am		General swim Lane Swim		General swim 10 - 11.15am		General swim 11.30am - 12.45pm		Fun session 1 - 2.30pm		Good Boost		Learn to swim 4 - 7pm		Adult Lessons		General swim 7 - 9pm		* Lane swim 2.45 - 9pm											
			* Lane swim 6.30 - 9am		Learn to swim		* Lane swim 10am - 12.45pm																									
Friday			General swim 6.30 - 9am		Social swim 9 - 10am Bump Boost		General swim 10am - 12noon		AquaFit 12noon - 12.45pm		Fun session 1 - 2.30pm		General swim 2.45 - 4pm		Learn to swim 4 - 7pm		General swim 7 - 8pm				* Lane swim 6.30am - 12.45pm											
			* Lane swim 2.45 - 4pm											* Lane swim 2.45 - 4pm		General swim 4 - 7pm		* Lane swim 7 - 8pm														
Saturday			Swim squads 5.30 - 8.30am		Learn to swim 8.30am - 12noon		General swim 12.15am - 1.15pm		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		General swim																											
Sunday			General swim 6.30 - 8.30am		Learn to swim 8.30 - 11am		General swim 11.05am - 12noon		General swim 12.15 - 1.15pm		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 6.30 - 10am		General swim		* Lane swim																									

Programme subject to change. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

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Leisure pool

	5.30 am	6	6.30	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
Bank Holiday Monday									Toddler swim 9 - 10am	General swim 10am - 12noon				Fun session 1 - 2.30pm				General swim 2.45 - 3.55pm		CLOSED												
Tuesday									Toddler swim 9 - 10am	Learn to swim 10 - 11am		General swim 11.30am - 12.45pm				Fun session 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 7pm				Family swim 7 - 8pm						
Wednesday									Toddler swim 9 - 10am	Fun session 10.15 - 11.45am				General swim 12noon - 12.45pm		Fun session 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 7pm				Family swim 7 - 8pm						
Thursday									Toddler swim 9 - 10am	Learn to swim 10.15 - 11.15am		General swim 11.30am - 12.45pm				Fun session 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 6pm		Family swim 6 - 8pm								
Friday									Toddler swim 9 - 10am	Learn to swim 10 - 11am		General swim 11.15am - 12noon		Toddler swim 12noon - 12.45pm		Fun session 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 6pm		Family swim 6 - 8pm								
Saturday									Learn to swim 8.30am - 12noon				General swim 12.15am - 1.15pm		Fun session 1.30 - 3pm				Party hire 3.30 - 4.30pm		Party hire 4.45 - 5.45pm		Bookable family swim 6 - 7pm									
Sunday									Learn to swim 8.30 - 10am		General swim 10 - 11pm		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		Bookable family swim 6 - 7pm							

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