

Skipton Leisure and Wellbeing Hub Programme

From Monday 1 June 2026

Main pool

	6 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	9.30	9.45 pm	
Monday	Lane Swim & Club Hire (ce) 6.00 - 7.00	Lane Swim 7.00 - 9.00					Over 60's 9.10 - 9.55		General Swim (2 lanes available) 10.00 - 12.00			Lane Swim 12.00 - 13.00		Schools 13.15 - 14.45				General Swim 15.00 - 17.00		Lane Swim 17.05 - 19.00				Club Hire (ssc) 19.00 - 21.00						Craven Energy 20.30 - 21.30			
Tuesday	Lane Swim 6.00 - 9.00		General Swim 7.00 - 9.00			Over 60's 9.10 - 9.55		Ladies Only Lane Swim 10.00 - 10.55		General Swim (2 lanes available) 11.10 - 12.00			Lane Swim 12.00 - 13.00		Schools 13.15 - 14.45				General Swim 15.00 - 17.30		Junior Lane Swim 17.30 - 18.30		Learn to Swim 18.30 - 19.30		Lane Swim 19.30 - 21.30						Craven Energy 19.30 - 20.30	Lane Swim 20.30 - 21.30	
Wednesday	Lane Swim & Club Hire (SSC) 5.45 - 7.30	Lane Swim 7.30 - 8.45					Schools 9.00 - 11.45					Lane Swim 11.45 - 13.15			Schools 13.30 - 14.30				General Swim 14.45 - 17.30		Lane Swim 17.35 - 19.00				Club Hire (ssc) 19.00 - 21.00						Lane Swim 21.00 - 21.45		
Thursday	Lane Swim 6.00 - 9.00					Over 60's 9.10 - 9.55		General Swim (2 lanes available) 10.00 - 12.00				Lane Swim 12.00 - 13.00		Schools 13.15 - 14.45					General Swim 15.00 - 17.00		Lane Swim 17.05 - 18.30		Craven Energy 18.30 - 19.15		Club Hire (SSC) 19.15 - 20.45						Lane Swim & Craven Energy 20.45 - 21.45		
Friday	Lane Swim & Club Hire (SSC) 5.45 - 7.30	Lane Swim 7.30 - 9.00				Over 60's 9.10 - 9.55		General Swim (2 lanes available) 10.00 - 12.00				Lane Swim 12.00 - 13.00		Schools 13.15 - 14.45					General Swim 15.00 - 17.30		Junior Lane Swim 17.30 - 18.30				Lane Swim 18.30 - 20.15						Under Water Hockey 20.30 - 21.30		
Saturday		Club Hire (CE) 7.30 - 9.30					General Swim 9.30 - 10.45		General Swim 11.00 - 12.45						Fun session* 13.15 - 14.45				Party Hire 15.00 - 16.00														
Sunday				Lane Swim 8.00 - 9.00			SEN Swim 9.05 - 10.00		General Swim 10.15 - 11.15			General Swim 11.30 - 12.30			Fun session* 13.00 - 14.30				Lane Swim & Club Hire (SSC) 14.45 - 16.45														

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.

Skipton Leisure and Wellbeing Hub Programme

From Monday 1 June 2026

Small pool

	6 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	9.30	9.45 pm	
Monday							Hydro Jog 9.15 - 10.00		General Swim 10.00 - 12.00			Aqua Aerobics 12.15 - 13.00		Schools 13.15 - 14.45				1:1 Lessons 15.00 - 16.00			Learn to Swim 16.00 - 19.30						Adult Leisure Swim 19.30 - 20.30						
Tuesday							Parents & Under 5's Swim 9.00 - 9.55	Ladies only Hydro Jog 10.00 - 10.45		Learn to Swim 11.00 - 12.00		Access Swim 12.05 - 12.45		Schools 13.15 - 14.45				1:1 Lessons 15.00 - 16.00			Learn to Swim 16.00 - 20.00												
Wednesday				Hydro Jog 8.00 - 8.45				Schools 9.00 - 11.45				Aqua Aerobics 12.05 - 12.50		Schools 13.30 - 14.30				General Swim 14.45 - 15.55			Learn to Swim 16.00 - 19.30						Aqua Aerobics 19.45 - 20.30						
Thursday							Parents & Under 5's Swim 9.00 - 9.55		Learn to Swim 10.00 - 11.30			Access Swim 12.05 - 12.45		Schools 13.15 - 14.45				General Swim 15.00 - 15.55			Learn to Swim 16.00 - 19.30						Adult Leisure Swim 19.30 - 20.30						
Friday							Parents & Under 5's Swim 9.00 - 9.55		General Swim 10.00 - 12.00			Aqua Aerobics 12.15 - 13.00		Schools 13.15 - 14.45				General Swim 15.00 - 15.55			Learn to Swim 16.00 - 19.00						Under Water Hockey 19.30 - 20.30						
Saturday								Learn to Swim 8.30 - 11.00		General Swim 11.00 - 12.45					Fun session* 13.15 - 14.45																		
Sunday								SEN Swim 9.05 - 10.00		General Swim 10.15 - 11.15		General Swim 11.30 - 12.30			Fun session* 13.00 - 14.30			Party hire 14.45 - 15.45															

*** Fun sessions**
Our fun session features floats, toys, and a small slide in our leisure pool, specially designed for younger swimmers. This session is bookable online.

Leisure Pool Admissions
Please note that swimmer numbers are limited. Entry to the leisure pool is managed on a first-come, first-served basis on the day, using a wristband system.

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Steam & Sauna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 12:45	06:00 - 12:45 (Ladies Only 10:00 - 11:00)	06:00 - 08:45 11:45 - 13:15	06:00 - 12:45	06:00 - 12:45	08:00 - 14:30	08:00 - 16:45
15:15 - 21:30	15:15 - 21:30	15:00 - 21:30	15:15 - 21:30	15:15 - 21:30		

Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 21:30	06:00 - 21:30	06:00 - 21:30	06:00 - 21:30	06:00 - 21:30	08:00 - 16:00	08:00 - 16:00

Revive Cafe

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00

Pricing

Adult General Swim	£6.00	Adult Lane Swim	£6.00	Adult Gym Workout	£8.90
Junior General Swim (5-15)	£4.50	Junior Lane Swim	£4.50	Junior Gym Workout (14-17)	£5.50
Concession General Swim (67+)	£4.50	Concession Lane Swim (67+)	£4.50	Concession Gym Workout (67+)	£6.60
Under 4's	£1.10	Inflatable Junior	£5.00		