

Main pool



Harrogate Leisure and Wellbeing Hub pool programme

Summer Holidays – Monday 20th July to Sunday 6th September

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 (31st August pool opening times: 7am – 3.30pm)						Courses 9am – 12noon							AquaFit 12.15 – 1pm			Inflatable fun session 1.45 – 3.15pm			Learn to swim 4 – 5pm	Diving squads/lessons 5 – 8pm								AquaFit 8.15 – 9pm			
Tuesday						Courses 9 – 10am			Inflatable fun session 10.15 – 11.45am			Accessible swim 12noon – 1pm			Pre-school learn to swim 1.15 – 2.45pm			Good Boost (Aqua Natal) 3 – 3.45pm			Learn to swim 4 – 6pm			Diving squads/lessons 6 – 9pm							
Wednesday					AquaFit 8.30 – 9.15am			AquaFit 9.30 – 10.15am		Adult learn to swim 10.15 – 11.45am		AquaFit 11.45am – 12.30pm		Accessible swim 11.45am – 1.30pm			Inflatable fun session 1.45 – 3.15pm				Learn to swim 4 – 5pm		Diving squads/lessons 5 – 8pm						AquaFit 8.15 – 9pm		
Thursday (4M)						Courses 9 – 11.45am							AquaFit 12noon – 12.45pm			Courses 1 – 1.45pm (4M)		Inflatable fun session 1.45 – 3.15pm				Learn to swim 4 – 6pm			Diving squads/lessons 6 – 9pm						
Friday (4M)						Courses 9 – 11.45am							AquaFit 12noon – 12.45pm		Courses 1 – 1.45pm (4M)		Inflatable fun session 1.45 – 3.15pm				Learn to swim 4 – 7pm										
Saturday					Learn to swim 8.30am – 1pm								Inflatable fun session 1 – 2.45pm						Party hire 3 – 4pm												
Sunday					Learn to swim 8.30 – 11am					Diving squads/lessons 11am – 1pm				Inflatable fun session 1 – 2.45pm					Diving squads/lessons 3 – 6pm												
	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	

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.

Harrogate Leisure and Wellbeing Hub pool programme

Summer Holidays – Monday 20th July to Sunday 6th September

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 (31st August pool opening times: 7am – 3.30pm)					Courses 8 – 9am		General swim 9am – 1.30pm									Inflatable fun session 1.45 – 3.15pm						Learn to swim 4 – 6pm		General swim 6 – 7pm						
Tuesday					Courses 8 – 9am		General swim 9 – 10am			Inflatable fun session 10.15 – 11.45am			General swim 12.15 – 3.45pm								Learn to swim 4 – 6pm		General swim 6 – 7pm							
Wednesday					Courses 8 – 9am		Learn to swim 9 – 11.15am				General swim 11.15am – 1.30pm					Inflatable fun session 1.45 – 3.15pm					Learn to swim 4 – 6pm		General swim 6 – 7pm							
Thursday					Courses 8 – 9am		Learn to swim 9 – 11.30am				General swim 11.30am – 1.30pm					Inflatable fun session 1.45 – 3.15pm					Learn to swim 4 – 7pm									
Friday					Courses 8 – 9am		General swim 9 – 11.15am					Learn to swim 11.30am – 1.15pm			Inflatable fun session 1.45 – 3.15pm						Learn to swim 4 – 7pm				General swim 7 – 8pm					
Saturday							Learn to swim 8.30 – 11am				General swim 11am – 1pm					Inflatable fun session 1.15 – 2.45pm			Party hire 3 – 4pm											
Sunday							General swim 9am – 1pm									Inflatable fun session 1.15 – 2.45pm			Party hire 3 – 4pm											

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