

Selby Leisure and Wellbeing Hub pool programme

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

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	9.30	10 pm							
Monday (31st August pool opening times: 9.15am – 7pm)	Lane swim 6.30 – 9am					Aqua Zumba 9.15 – 10am	GB General swim 10am – 3.30pm										Learn to swim 3.45 – 7pm						Tiger sharks swim squad 7 – 9pm			Lane swim 9.15 – 10pm													
							Staff training 4th Mon per month	Lane swim 11am – 1pm		Learn to swim 11am – 3pm														GB General swim 7 – 8pm			Lane swim 8.15 – 10pm												
Tuesday	Lane swim 6.30 – 10am						Aqua aerobics 10.15 – 11am	General swim 11am – 3.30pm						Learn to swim 3.45 – 7pm								GB General swim 7 – 8pm			Lane swim 7 – 8pm		Staff training 2nd Tues per month												
								General swim 10am – 12noon		Staff Training 12noon – 1pm		General swim 1 – 3.30pm						Learn to swim 1 – 3pm						Learn to swim 3.45 – 7pm						Aqua Zumba 7.15 – 8pm		Selby sub aqua 1st & 3rd Weds per month Tiger sharks swim squad 2nd & 4th Weds per month		Selby sub aqua 1st & 3rd Weds per month Staff training 2nd & 4th Weds per month					
Wednesday	Lane swim 6.30am – 1pm							General swim 10 – 11.45am		GB		Aqua aerobics 12noon – 12.45pm		General swim 12.45 – 3.30pm						Learn to swim 1 – 3pm						Learn to swim 3.45 – 7pm						Tiger sharks swim squad 7 – 9pm				Lane swim 9.15 – 9.45 pm			
Thursday	Lane swim 6.30 – 11.45am							General swim 10 – 11.45am		GB		Aqua aerobics 12noon – 12.45pm		General swim 12.45 – 3.30pm						Learn to swim 1 – 3pm						Learn to swim 3.45 – 7pm						Tiger sharks swim squad 7 – 9pm				Lane swim 9.15 – 9.45 pm			
								General swim 10 – 11.45am		GB		Aqua aerobics 12noon – 12.45pm		General swim 12.45 – 3.30pm						Learn to swim 1 – 3pm						Learn to swim 3.45 – 7pm						Tiger sharks swim squad 7 – 9pm				Lane swim 9.15 – 9.45 pm			
Friday	Lane swim 6.30 – 9am					Aqua Zumba 9.15 – 10am	General swim 10am – 3.30pm						Learn to swim 3.45 – 6.30pm						Lane swim 6.30 – 7.30 pm																				
								General swim 10am – 3.30pm		Learn to swim 3.45 – 6.30pm						Lane swim 6.30 – 7.30 pm																							
Saturday							Learn to swim 8.30am – 4pm		General swim 11am – 4pm						Lane swim 12noon – 4pm																								
							Learn to swim 8.30am – 4pm		General swim 11am – 4pm						Lane swim 12noon – 4pm																								
Sunday							Lane swim 8am – 11.45pm		General swim 10.30am – 1.45pm						Tiger sharks swim squad 2 – 4pm																								
							Lane swim 8am – 11.45pm		General swim 10.30am – 1.45pm						Tiger sharks swim squad 2 – 4pm																								

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

Small pool

	8 am	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 pm
Monday (31st August no change to times)				Learn to swim 9 – 10.30am	General swim 10.30am – 3.30pm												Learn to swim 3.45 – 7pm						General swim 7 – 8pm		
Tuesday				Learn to swim 9 – 10.30am	General swim 10.30am – 3.30pm												Learn to swim 3.45 – 7pm						General swim 7 – 8pm		
Wednesday				Learn to swim 9 – 10.30am	General swim 10.30am – 3.30pm												Learn to swim 3.45 – 7pm						General swim 7 – 8pm		
Thursday				Learn to swim 9 – 10.30am	General swim 10.30am – 3.30pm												Learn to swim 3.45 – 7pm						General swim 7 – 8pm		
Friday				Learn to swim 9 – 10.30am	General swim 10.30am – 3.30pm												Learn to swim 3.45 – 7pm								
Saturday			Learn to swim 8.30 – 12noon								General swim 12noon – 4pm														
Sunday			General swim 9am – 4pm																						
	8 am	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 pm

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