

Skipton Leisure and Wellbeing Hub Programme

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

Main pool

	5.45 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	9.30	9.45 pm			
Monday (31st August pool opening times: 8am – 4pm)		Craven energy 6 – 7am	Lane swim 6 – 9am					Over 60's 9 – 9.55am		General swim 10am – 12noon			Lane swim 12noon – 1pm			*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 3 – 5pm			Lane swim 3 – 4pm		Learn to swim 4 – 7pm				Lane swim 5 – 7pm		Skipton swim club 7 – 9pm		Craven energy 8.30 – 9.30pm				
Tuesday		Lane Swim 6 – 9am				General swim 8 – 9am		Over 60's 9 – 9.55am		General swim 10am – 12noon			Lane swim 12noon – 1pm			*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 3 – 5.30pm			Lane swim 3 – 4pm		Learn to swim 4 – 7.30pm				Junior lane swim 5.30 – 6.30pm		Lane swim 7.30 – 9.30pm		Craven energy 7.30 – 8.30pm				
Wednesday		Skipton swim club 5.45 – 7.30pm			Lane Swim 5.45 – 9am				General swim 9 – 10am		*Inflatable fun session – bookable online 10.15 – 11.45am		Lane swim 12noon – 1pm			General swim 1.15 – 2.45pm				General swim 2.45 – 5.30pm			Lane swim 2.45 – 4pm		Learn to swim 4 – 7pm				Lane swim 5.30 – 7pm		Skipton swim club 7 – 9pm		Lane swim 9 – 9.45pm				
Thursday		Lane Swim 6 – 9am						Over 60's 9 – 9.55am		General swim 10 – 11.55am (lanes available)			Lane swim 12noon – 1pm			*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 3 – 5pm			Lane swim 3 – 4pm		Learn to swim 4 – 7pm				Craven energy	Skipton swim club 7.15 – 8.45pm		Lane swim 8.45 – 9.45pm	Craven energy 8.45 – 9.45pm				
Friday		Skipton swim club 5.45 – 7.30pm			Lane Swim 5.45 – 9am				Over 60's 9 – 9.55am		General swim 10 – 11.55am (lanes available)			Lane swim 12noon – 1pm			*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 2.45 – 5.30pm			Lane swim 3 – 4pm		Learn to swim 4 – 7pm				Junior lane swim 5.30 – 6.30pm	Lane swim 6.30 – 8.15pm		Underwater hockey club 8.30 – 9.30pm				
Saturday			Craven energy 7.30 – 9.30am					General swim 9.30 – 10.45am		General swim 11 – 12.45am						*Inflatable fun session – bookable online 1.15 – 2.45pm				Private Pool Party 3 – 4pm					* Inflatable sessions No over 16s will be permitted access to the inflatable.												
Sunday						Lane Swim 8 – 9am		SEN Family Swim 9.05 – 10am		General Swim 10.15 – 11.15am		General Swim 11.30am – 12.30pm				*Inflatable fun session – bookable online 1 – 2.30pm				Skipton swim club 2.45 – 4.45pm			Lane swim 2.45 – 4.45pm					All swimmers must successfully complete a 25m swim test prior to being granted access onto the inflatable. This session is bookable online.									
	5.45 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	9.30	9.45 pm			

General Information: 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.

www.northyorks.gov.uk/active

Skipton Leisure and Wellbeing Hub Programme

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

Small pool

	5.45 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	9.30	9.45 pm
Monday (31st August pool opening times: 8am – 4pm)									Hydro jog 9.15 – 10am	General swim 10am – 12noon					Aqua aerobics 12.15 – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm		Crash course 3 – 4pm	Learn to swim 4 – 7.30pm						Adult leisure swim 7.30 –8.30pm								
Tuesday									Parents & under 5's swim 9 – 9.55am	General swim 10 – 10.55am	Learn to swim 11 – 12noon	Accessible swim 12.05 – 12.45pm		*Inflatable fun session – bookable online 1.15 – 2.45pm		Crash course 3 – 4pm	Learn to swim 4 – 8pm																	
Wednesday							Hydro jog 8 – 8.45am	General swim 9 – 10am		*Inflatable fun session – bookable online 10.15 – 11.45pm		Aqua aerobics 12.05 – 12.50pm		General swim 1.15 – 2.45pm		Crash course 3 – 4pm	Learn to swim 4 – 7.30pm						Aqua aerobics 7.45 – 8.30pm											
Thursday									Parents & under 5's swim 9 – 9.55am	Pre-school learn to swim 10 – 11.30am			Accessible swim 12.05 – 12.45pm		*Inflatable fun session – bookable online 1.15 – 2.45pm		Crash course 3 – 4pm	Learn to swim 4 – 7.30pm						Adult leisure swim 7.30 –8.30pm										
Friday									Parents & under 5's swim 9 – 9.55am	General swim 10am – 12noon					Aqua aerobics 12.15 – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm		Crash course 3 – 4pm	Learn to swim 4 – 7pm						Under water hockey 7.30 – 8.15pm								
Saturday							Learn to swim 8.30 – 11am				General swim 11am – 12.45pm					*Inflatable fun session – bookable online 1.15 – 2.45pm							* Fun session Our fun session features floats, toys, and a small slide in our leisure pool, specially designed for younger swimmers. This session is bookable online. 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.											
Sunday									SEN family Swim 9.05 – 10am	General swim 10.15 – 11.15am		General swim 11.30am – 12.30pm		*Inflatable fun session – bookable online 1 – 2.30pm		Private Pool Party 2.45 – 3.45pm																		

General Information: 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.

Steam & Sauna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am – 3.30pm	6am – 9.30pm	6am – 9.30pm	6am – 9.30pm	6am – 9.30pm	9am – 2.30pm	8am – 4.30pm

Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am – 3.30pm	6am – 9.30pm	6am – 9.30pm	6am – 9.30pm	6am – 9.30pm	8am – 4pm	8am – 4pm

Revive Cafe

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am – 3.30pm	7.15am – 6.30pm	7.15am – 6.30pm	7.15am – 6.30pm	7.15am – 6.30pm	8.15am – 4pm	8.15am – 4pm

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		