

Bedale Leisure and Wellbeing Hub Programme

From Monday 7th September 2026

Main pool

	6.45 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	Lane Swim 6.45 – 9.15am					General Swim ● 9.15 – 11.15am					Aquafit 11.30am – 12.15pm			Lane Swim 12.30 – 1.30pm		School swimming 1.30 – 2.30pm		General Swim ● 2.30 – 3.45pm			Learn to Swim 3.45 – 5.15pm			General Swim ● 5.15 – 6pm			Aquafit 6.15 – 7pm			Lane Swim 7.15 – 8.45pm		
Tuesday		Lane Swim 7 – 9.15am					General Swim ● 9.15 – 11.15am					Aquafit 11.30am – 12.15pm			Lane Swim 12.30 – 1.30pm		Closed Staff Training 1.30 – 4pm				Learn to Swim 4 – 5.30pm			General Swim ● 5.30 – 6.30pm		Lane Swim 6.30 – 7.30pm		NASC 7.30 – 9pm				
Wednesday		Lane Swim 7 – 9.15am					Mini Splash Time 9.15 – 10.15am		General Swim ● 10.15am – 12.30pm					Lane Swim 12.30 – 1.30pm			Hydrofit 1.45 – 2.30pm			Aquafit 2.45 – 3.30pm			Learn to Swim 4 – 5.30pm			Fun & Floats 5.30 – 6.45pm		General Swim ● 6.45 – 8pm		Lane Swim 8 – 9pm		
Thursday						Lane Swim 8.30 – 9.45am		Pre School Lessons 9.45 – 11.15am				Aquafit 11.30am – 12.15pm			Lane Swim 12.30 – 1.30pm		General Swim 1.30 – 4pm				Learn to Swim 4 – 6.45pm			General Swim 5.45 – 6.45pm		NASC 6.45 – 8.15pm			Lane Swim 8.15 – 9pm			
Friday		Lane Swim 7 – 9.15am						School Swimming 9.30am – 12.30pm					Lane Swim 12.30 – 1.30pm		Accessible Swim 1.30 – 2.30pm		General Swim 2.30 – 4pm			Learn to Swim 4 – 5.45pm			General Swim ● 5.45 – 6.45pm			Aquafit 7 – 7.45pm						
Saturday				Lane Swim 8 – 9am		Learn to Swim 9am – 12.45pm							General Swim 12noon – 1pm																			
Sunday				Lane Swim 8 – 9am		Family Fun 9 – 10am		Fun & Floats 10 – 11am		General Swim ◆ 11am – 12noon		Book your pool party 12noon – 1pm																				
	6.45 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		

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. RAF swim tests may take place Mon-Fri between 7.45-9am. Vending machines are available.

KEY ♦ Lanes available ● Single lane

