

# Harrogate Leisure and Wellbeing Hub pool programme

## From Monday 7th September

## Main pool

|           | 6.30<br>am                   | 7                         | 7.30 | 8 | 8.30                             | 9 | 9.30                      | 10 | 10.30 | 11 | 11.30                         | 12<br>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<br>pm |
|-----------|------------------------------|---------------------------|------|---|----------------------------------|---|---------------------------|----|-------|----|-------------------------------|--------------------------------|-------|-----------------------------------------|--------------------------|-----------------------------------------|---------------------|--------------------------|----------------------------|--------------------------|----------------------------|-------------------------|---------------------------|-------------------------|----------------------|-------------------------|------|---|------|---------|
| Monday    |                              | * Lane swim<br>7 - 9am    |      |   |                                  |   | Schools<br>9.15 - 11.15am |    |       |    |                               | General swim<br>11.30 - 2pm    |       |                                         |                          | Staff training<br>2 - 4pm               |                     |                          |                            | Learn to swim<br>4 - 7pm |                            |                         |                           | Hotshots<br>6.30 - 8pm  |                      | General swim<br>8 - 9pm |      |   |      |         |
|           | * Lane swim 6.30am - 2pm     |                           |      |   |                                  |   |                           |    |       |    |                               |                                |       |                                         |                          |                                         | * Lane swim 4 - 9pm |                          |                            |                          |                            |                         |                           |                         |                      |                         |      |   |      |         |
| Tuesday   |                              | * Lane swim<br>7 - 9am    |      |   |                                  |   | Schools<br>9.15 - 11.30am |    |       |    |                               | General swim<br>12noon - 3pm   |       |                                         |                          | * Lane swim<br>3 - 4pm                  |                     | Learn to swim<br>4 - 6pm |                            | Swim squads<br>6 - 9pm   |                            |                         |                           |                         |                      |                         |      |   |      |         |
|           | * Lane swim 6.30 - 5.45pm    |                           |      |   |                                  |   |                           |    |       |    |                               |                                |       |                                         |                          |                                         |                     |                          |                            |                          |                            |                         |                           |                         |                      |                         |      |   |      |         |
| Wednesday |                              | General swim 7am - 12noon |      |   |                                  |   |                           |    |       |    |                               | * Lane swim<br>12noon - 1pm    |       |                                         | Schools<br>1.15 - 2.45pm |                                         |                     | General swim<br>3 - 6pm  |                            | Learn to swim<br>4 - 6pm |                            | Swim squads<br>6 - 8pm  |                           | General swim 7 - 9pm    |                      |                         |      |   |      |         |
|           | * Lane swim 6.30am - 4pm     |                           |      |   |                                  |   |                           |    |       |    |                               |                                |       |                                         |                          |                                         |                     |                          | Learn to swim<br>4 - 6pm   |                          |                            |                         |                           |                         | Lane swim<br>8 - 9pm |                         |      |   |      |         |
| Thursday  |                              | General swim 7am - 12noon |      |   |                                  |   |                           |    |       |    |                               | * Lane swim<br>12noon - 1.30pm |       |                                         | Schools<br>1.45 - 2.45pm |                                         |                     | General swim<br>3 - 4pm  |                            | Learn to swim<br>4 - 7pm |                            |                         |                           | General swim<br>7 - 9pm |                      | Adult learn to swim     |      |   |      |         |
|           | * Lane swim 6.30am - 9pm     |                           |      |   |                                  |   |                           |    |       |    |                               |                                |       |                                         |                          |                                         |                     |                          |                            |                          |                            |                         |                           |                         |                      |                         |      |   |      |         |
| Friday    |                              | * Lane swim<br>7 - 9.15am |      |   |                                  |   | Schools<br>9.30 - 11am    |    |       |    |                               | General swim<br>11.15am - 3pm  |       |                                         |                          | * Lane swim<br>3 - 4pm                  |                     | Learn to swim<br>4 - 7pm |                            |                          |                            | General swim<br>7 - 8pm |                           |                         |                      |                         |      |   |      |         |
|           | * Lane swim 6.30am - 6.30pm  |                           |      |   |                                  |   |                           |    |       |    |                               |                                |       |                                         |                          |                                         |                     |                          |                            |                          |                            |                         |                           | Hotshots<br>6.30 - 8pm  |                      |                         |      |   |      |         |
| Saturday  | Swim squads<br>6.30 - 8.30am |                           |      |   | General swim<br>8.30am - 12noon  |   |                           |    |       |    | Learn to swim<br>12noon - 1pm |                                |       | Inflatable fun session<br>1.15 - 2.45pm |                          | Party hire<br>3 - 4pm                   |                     |                          | General swim<br>4.30 - 6pm |                          |                            |                         |                           |                         |                      |                         |      |   |      |         |
|           | * Lane swim<br>6.30 - 8.30am |                           |      |   | Learn to swim<br>8.30am - 12noon |   |                           |    |       |    | * Lane swim<br>12noon - 1pm   |                                |       |                                         |                          |                                         |                     |                          |                            |                          |                            |                         |                           |                         |                      |                         |      |   |      |         |
| Sunday    |                              |                           |      |   | General swim<br>8am - 1pm        |   |                           |    |       |    |                               |                                |       |                                         |                          | Inflatable fun session<br>1.15 - 2.45pm |                     | Party hire<br>3 - 4pm    |                            |                          | General swim<br>4.30 - 6pm |                         | Swim squads<br>6 - 8.30pm |                         |                      |                         |      |   |      |         |
|           | * Lane swim 6.30am - 1pm     |                           |      |   |                                  |   |                           |    |       |    |                               |                                |       |                                         |                          |                                         |                     |                          |                            |                          |                            |                         |                           |                         |                      |                         |      |   |      |         |
|           | 6.30<br>am                   | 7                         | 7.30 | 8 | 8.30                             | 9 | 9.30                      | 10 | 10.30 | 11 | 11.30                         | 12<br>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<br>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

## From Monday 7th September

## Activity pool

|           | 6.30<br>am | 7 | 7.30 | 8 | 8.30 | 9                             | 9.30                      | 10                        | 10.30                               | 11                                  | 11.30                               | 12<br>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<br>pm |  |
|-----------|------------|---|------|---|------|-------------------------------|---------------------------|---------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----------------------------|-------|---------------------------------|--------------------------|-------------------------------------------|----------------------------------------|---------------------------|------|----------------------------------|--------------------------|--------------------------------------|----------------------------------|---------------------------|------------------------------|---|------|-----------------------|-----------------------|---------|--|
| Monday    |            |   |      |   |      |                               | Schools<br>9.15 – 11.45am |                           |                                     |                                     |                                     |                             |       | Aquafit<br>12.15 – 1pm          |                          |                                           |                                        | Staff training<br>2 – 4pm |      |                                  | Learn to swim<br>4 – 5pm |                                      | Diving squads/lessons<br>5 – 8pm |                           |                              |   |      |                       | Aquafit<br>8.15 – 9pm |         |  |
| Tuesday   |            |   |      |   |      |                               | Schools<br>9.15 – 11.45am |                           |                                     |                                     |                                     |                             |       | Accessible swim<br>12noon – 1pm |                          | Pre-school learn to swim<br>1.15 – 2.45pm |                                        |                           |      | Good Boost<br>3 – 3.45pm         |                          | Learn to swim<br>4 – 6pm             |                                  | Swim squads<br>6 – 9pm    |                              |   |      |                       |                       |         |  |
| Wednesday |            |   |      |   |      | Aquafit<br>8.30 – 9.15am      |                           | Aquafit<br>9.30 – 10.15am | Adult learn to swim<br>10.15 – 11am | Adult learn to swim<br>11 – 11.45am | Aquafit<br>11.45am – 12.30pm        |                             |       | Schools<br>1.15 – 2.45pm        |                          |                                           |                                        |                           |      | Learn to swim<br>4 – 5pm         |                          | Diving squads/lessons<br>5 – 8pm     |                                  |                           |                              |   |      | Aquafit<br>8.15 – 9pm |                       |         |  |
| Thursday  |            |   |      |   |      |                               |                           |                           |                                     | Accessible swim<br>11am – 12noon    | Aquafit<br>12noon – 12.45pm         |                             |       |                                 | Schools<br>1.45 – 2.45pm |                                           |                                        |                           |      | Learn to swim<br>4 – 6pm         |                          | Diving squads/ lessons<br>6 – 7.45pm |                                  |                           |                              |   |      |                       |                       |         |  |
| Friday    |            |   |      |   |      |                               | Schools<br>9.30 – 11am    |                           |                                     |                                     |                                     | Aquafit<br>12noon – 12.45pm |       | Good Boost<br>1 – 1.45pm        |                          |                                           |                                        |                           |      | Learn to swim<br>4 – 7pm         |                          |                                      |                                  |                           | General diving<br>7.15 – 8pm |   |      |                       |                       |         |  |
| Saturday  |            |   |      |   |      | Learn to swim<br>8.30am – 1pm |                           |                           |                                     |                                     |                                     |                             |       |                                 |                          | Inflatable fun session<br>1.15– 2.45pm    |                                        |                           |      | Party hire<br>3 – 4pm            |                          |                                      |                                  | General diving<br>5 – 6pm |                              |   |      |                       |                       |         |  |
| Sunday    |            |   |      |   |      | Learn to swim<br>8.30 – 11am  |                           |                           |                                     |                                     | Diving squads/lessons<br>11am – 1pm |                             |       |                                 |                          |                                           | Inflatable fun session<br>1.15– 2.45pm |                           |      | Diving squads/lessons<br>3 – 6pm |                          |                                      |                                  |                           |                              |   |      |                       |                       |         |  |
|           | 6.30<br>am | 7 | 7.30 | 8 | 8.30 | 9                             | 9.30                      | 10                        | 10.30                               | 11                                  | 11.30                               | 12<br>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<br>pm |  |

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# Harrogate Leisure and Wellbeing Hub pool programme

## From Monday 7th September

## Learner pool

|           | 6.30<br>am | 7 | 7.30 | 8 | 8.30 | 9 | 9.30                                          | 10 | 10.30 | 11 | 11.30 | 12<br>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<br>pm |
|-----------|------------|---|------|---|------|---|-----------------------------------------------|----|-------|----|-------|----------------------------------------------|-------|-------------------------------|------|----------------------------------|-----------------------|---|------|--------------------------|------|---|----------------------------|----------------------------|------|---|------|---|------|---------|
| Monday    |            |   |      |   |      |   | Schools<br>9.15 – 11.45am                     |    |       |    |       | Mini splash<br>time<br>12noon –<br>1pm       |       | General<br>swim<br>1 – 2pm    |      | Staff training<br>2 – 4pm        |                       |   |      | Learn to swim<br>4 – 6pm |      |   | General<br>swim<br>6 – 7pm |                            |      |   |      |   |      |         |
| Tuesday   |            |   |      |   |      |   | Schools<br>9.15 – 11.45am                     |    |       |    |       | Mini splash<br>time<br>12noon –<br>1pm       |       | General swim<br>1.15 – 3.45pm |      |                                  |                       |   |      | Learn to swim<br>4 – 6pm |      |   | General<br>swim<br>6 – 7pm |                            |      |   |      |   |      |         |
| Wednesday |            |   |      |   |      |   | Pre-school<br>learn to swim<br>9.15 – 11.30am |    |       |    |       | Mini splash<br>time<br>12noon –<br>1pm       |       | Schools<br>1.15 – 2.45pm      |      | General<br>swim<br>3 –<br>3.45pm |                       |   |      | Learn to swim<br>4 – 6pm |      |   | General<br>swim<br>6 – 7pm |                            |      |   |      |   |      |         |
| Thursday  |            |   |      |   |      |   | Pre-school<br>learn to swim<br>9 – 11.30am    |    |       |    |       | General swim<br>11.45am – 1.30pm             |       | Schools<br>1.45 –<br>2.45pm   |      | General<br>swim<br>3 –<br>3.45pm |                       |   |      | Learn to swim<br>4 – 7pm |      |   |                            |                            |      |   |      |   |      |         |
| Friday    |            |   |      |   |      |   | Schools<br>9.30 – 11.30am                     |    |       |    |       | Pre-school<br>learn to swim<br>11.30am – 1pm |       | General swim<br>1.15 – 3.45pm |      |                                  |                       |   |      | Learn to swim<br>4 – 7pm |      |   |                            | General<br>swim<br>7 – 8pm |      |   |      |   |      |         |
| Saturday  |            |   |      |   |      |   | Learn to swim<br>8.30 – 11am                  |    |       |    |       | General swim<br>11.15am – 1pm                |       | Fun session<br>1.15 – 2.45pm  |      |                                  | Party hire<br>3 – 4pm |   |      |                          |      |   |                            |                            |      |   |      |   |      |         |
| Sunday    |            |   |      |   |      |   | General swim<br>9am – 1pm                     |    |       |    |       |                                              |       | Fun session<br>1.15 – 2.45pm  |      |                                  | Party hire<br>3 – 4pm |   |      |                          |      |   |                            |                            |      |   |      |   |      |         |

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