

Northallerton Leisure and Wellbeing Hub Programme

From Monday 7th September 2026

Main pool and Lagoon

		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	M	Lane Swim 6.45 – 9am					School Swimming 9.15 – 11.45am					Lane Swim 12noon – 1pm	Accessible Swim 1 – 2pm	General Swim ○ 2 – 3.45pm					Learn to Swim 4 – 6.45pm				Northallerton Amateur Swim Club 6.45 – 9pm								
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Tuesday	M	Lane Swim 6.45 – 9am					Relaxed Swim 9.15 – 10.15am	General Swim 10.15 – 11.45am					Lane Swim 12noon – 1pm		Aquanatal 1.15 – 2pm	General Swim ○ 2 – 3.45pm					Learn to Swim 4 – 6.30pm				General Swim ● 6 – 7pm	Adult Lessons 7 – 7.45pm		Lane Swim 8 – 9pm			
	L					Mini Splash 9.15 – 10.15am									Mini Splash 1.15 – 2pm																
Wednesday	M	Lane Swim 6.45 – 9am					School Swimming 9.15 – 11.45am					Lane Swim 12noon – 1pm		AquaFit 1.15 – 2pm	General Swim ○ 2 – 3.45pm					Learn to Swim 4 – 6pm			Northallerton Amateur Swim Club 6 – 9pm								
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Thursday	M	Lane Swim 6.45 – 9am					Relaxed Swim 9.15 – 10.15am	General Swim 10.15 – 11.45am					Lane Swim 12noon – 1pm		General Swim 1.15 – 2pm	Closed Staff Training 2 – 3.45pm				Learn to Swim 4 – 6pm				General Swim ● 6 – 7pm	Lane Swim 7 – 9pm						
	L					Mini Splash 9.15 – 10.15am																									
Friday	M	Lane Swim 6.45 – 9am					School Swimming 9.15 – 11.45am					Lane Swim 12noon – 1pm		General Swim ○ 1.15 – 3.45pm					Learn to Swim 4 – 5pm	Big Swim 5 – 6.30pm			AquaFit 6.30 – 7.15pm		Northallerton Amateur Swim Club 7.30 – 9pm						
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Saturday	M		Lane Swim 7 – 8.30am		Learn to Swim 8.30 – 10.30am						Big Swim 10.45am – 3pm																				
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Sunday	M			Lane Swim 8 – 9am			SEND 9.15 – 10.15am			Big Swim 10.30am – 3pm											Book your pool party 3.15 – 4.15pm										
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		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. Vending machines are available.

KEY ◆ Lanes available ● Water slide ○ Water slide used intermittently