

Ripon Leisure and Wellbeing Hub - The Jack Laughter Centre pool programme

From Monday 7th September

	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 pm
Monday	Lane swim 6.30 – 9am					Adult learn to swim 9 – 10am		Mini splash time 10 – 11am	Lane swim 11am – 4pm											Learn to swim 4 – 6pm				Lane swim 6 – 7pm	Lane swim 7 – 9pm					
									General swim 11am – 4pm															General swim 6 – 7pm						
Tuesday	Lane swim 6.30 – 9am					Aquafit 9 – 10am		Accessible swim 10 – 11am	Lane swim 11am – 1.15pm					Schools 1.30 – 2pm	Staff training 2 – 4pm			Learn to swim 4 – 6pm				Lane swim 6 – 7pm		Aquafit 7 – 8pm	Lane swim/ Private hire					
									General swim 11am – 1.15pm													General swim 6 – 7pm			Adult lessons 8 – 9pm					
Wednesday	Lane swim 6.30 – 9.15am					Pre-school learn to swim 9.15 – 11.15am			Lane swim 11.15am – 12.45pm			Schools 1 – 2pm			Lane swim 2.15 – 4pm		Learn to swim 4 – 6pm				Lane swim 6 – 7pm		Aqua zumba 7 – 8pm	Lane swim 8 – 9pm						
									General swim 11.15am – 12.45pm						General swim 2.15 – 4pm						General swim 6 – 7pm									
Thursday	Lane swim 6.30 – 9am						Accessible swim 9 – 10am	Mini splash time 10 – 11am		Aquafit 11.15am – 12noon	Lane swim 12noon – 4pm										Learn to swim 4 – 6pm				Swim squads 6 – 9pm					
									Lane swim 11am – 12noon	General swim 12noon – 4pm																				
Friday	Lane swim 6.30 – 9am					Lane swim 9 – 10.15am			Schools 10.30 – 11am		Lane swim 11.15am – 1.15pm			Schools 1.30 – 2.30pm			Lane swim 2.45 – 4pm		Learn to swim 4 – 6.30pm				Lane swim 6.30 – 9pm							
						General swim 9 – 10.15am					General swim 11.15am – 1.15pm			General swim 2.45 – 4pm			General swim 2.45 – 4pm						General swim 6.30 – 8pm		Private hire 8 – 9pm					
Saturday	Lane swim 6.30 – 7.45am		Lane swim 7.45 – 8.30am		Learn to swim 8.30am – 12noon							Lane swim 12noon – 2.15pm					Fun and floats 2.30 – 3.45pm			Party hire 4 – 5pm	Private hire/staff training 5 – 6pm		* Special Education Needs and Disabilities session							
			General swim 7.45 – 8.30am									General swim 12noon – 2.15pm																		
Sunday	Lane swim 6.30 – 7.45am		Lane swim 7.45 – 8.30am		Learn to swim 8.30 – 10.30am				Lane swim 10.30am – 12noon		Family swim 12noon – 1pm			*SEN 1.15 – 2.15pm			Inflatable fun session 2.30 – 3.45pm			Party hire 4 – 5pm	Private hire/staff training 5 – 6pm									
			General swim 7.45 – 8.30am						General swim 10.30am – 12noon																					
	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 pm

Programme subject to change. We run an alternative programme during school holidays.