

Stokesley Leisure and Wellbeing Hub Programme

From Monday 7th September 2026

Main pool

	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	9.30 pm		
Monday	Lane Swim 6.30 – 9am					School Swimming 9.15 – 11.15am					Lane Swim 11.30am – 1pm					School Swimming 2.30 – 3.30pm			Learn to Swim 3.45 – 6.45pm					Lane Swim 7 – 8pm			Aquafit 8.15 – 9pm						
											General Swim 11.30am – 2.15pm								General Swim 3.45 – 6.45pm														
Tuesday	Lane Swim 6.30 – 9.15am						School Swimming 9.30 – 11.30am					Lane Swim 11.45am – 1pm			Aquafit 1.15 – 2pm		General Swim ● 2 – 3.30pm			Learn to Swim 3.45 – 5.45pm			Stokesley Amateur Swim Club 6 – 9pm										
												General Swim 11.45am – 1pm								General Swim 3.45 – 5.45pm													
Wednesday	Lane Swim 6.30 – 9.15am						Aquafit 9.30 – 10.15am			Adult Lessons 10.30 – 11.15am			Lane Swim 11.30am – 1pm		Relaxed Swim 1 – 2pm		General Swim ● 2 – 3.30pm			Learn to Swim 3.45 – 6.45pm					Lane Swim 7 – 9pm								
													General Swim 11.30am – 1pm							General Swim 3.45 – 6.45pm													
Thursday	Lane Swim 6.30 – 9am					School Swimming 9.15 – 11.30am					Lane Swim 11.45am – 1.30pm		Closed Staff Training 1.30 – 3.30pm						Learn to Swim 3.45 – 6.15pm			Stokesley Amateur Swim Club 6.30 – 8.30pm			Lane Swim 8.30 – 9.15pm								
											General Swim 11.45am – 1.30pm								General Swim 3.45 – 6.15pm														
Friday	Lane Swim 6.30 – 8.45am					General Swim ● 9 – 10am			Aquafit 10.30 – 11.15am			Lane Swim 11.30am – 1.45pm			General Swim 11.30am – 1.45pm		Accessible Swim 2 – 3pm			Learn to Swim 3.45 – 6.15pm				General Swim 3.15 – 8pm				Lane Swim 8 – 9pm					
Saturday		Stokesley Amateur Swim Club 7 – 8.30am				Learn to Swim 8.45 – 11.45am						General Swim 8.45am – 2pm																					
Sunday				General Swim ● 8am – 12.15pm									Fun & Floats 12.30 – 1.30pm			Book your pool party 1.45 – 2.45pm			Stokesley Amateur Swim Club 3 – 5.30pm														
	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	9.30 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 ● Single lane

Stokesley Leisure and Wellbeing Hub Programme

From Monday 7th September 2026

Small pool

	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	9.30 pm	
Monday							School Swimming 9.15 – 11.15am				Mini Splash Time 11.30am – 12.30pm		Pre School Lessons 12.30 – 2pm							Learn to Swim 3.45 – 6.45pm												
Tuesday							School Swimming 9.30 – 11.30am						Pre School Lessons 12noon – 1pm				General Swim 1.15 – 3.30pm						Learn to Swim 3.45 – 6.45pm									
Wednesday							General Swim 9.30 – 11.15am						Pre School Lessons 11.30am – 1pm			Mini Splash Time 1 – 2pm		General Swim 2 – 3.30pm				Learn to Swim 3.45 – 6.45pm										
Thursday							School Swimming 9.30 – 11.30am						Mini Splash Time 12noon – 1pm								Learn to Swim 3.45 – 6.45pm											
Friday							Pre School Lessons 9.30 – 11.30am						General Swim 12.15 – 1.45pm					Accessible Swim 2 – 3pm				Learn to Swim 3.45 – 6.15pm						General Swim 6.30 – 8pm				
Saturday						Learn to Swim 8.45am – 12.45pm											General Swim 1 – 2pm															
Sunday					General Swim 8am – 12.15pm										Fun & Floats 12.30 – 1.30pm				Book your pool party 1.45 – 2.45pm													
	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	9.30 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): Small pool 29°C – 31°C. All sessions are inclusive of any changeover time required. Vending machines are available.

KEY ◆ Lanes available ● Single lane