

Knaresborough Leisure and Wellbeing Hub pool 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 pm		
Monday	General swim 6.30 – 9am				Social swim 9 – 10am		Aqua Therapy 10 – 11am				General swim 10am – 12noon			Aquafit 12 – 1pm		School swim 1 – 2pm		General swim 2 – 3.45pm				Learn to swim 4 – 6pm			Harrogate District Swim squads 6.15 – 9pm							
	* Lane swim 6.30am – 6pm																															
Tuesday	General swim 6.30 – 11am				Good Boost 9 – 10am							Private hire 11am – 12noon		General swim 12noon – 1pm		School swim 1 – 2pm		General swim 2 – 3.45pm				Learn to swim 4 – 7pm				Aquafit 7 – 8pm		Staff training 8 – 9pm				
	* Lane swim 6.30am – 4pm																		General swim 4 – 7pm				* Lane Swim 7 – 8pm									
Wednesday	General swim 6.30 – 9am				School swim 9 – 10am		General swim 10am – 1pm						Good Boost 12noon – 1pm		Quiet swim 1 – 2pm		Staff training 2 – 4pm			Learn to swim 4 – 7pm				Aquafit 7.15 – 8pm		General swim 8 – 9pm						
	* Lane swim 6.30am – 2pm															* Lane swim 4 – 9pm																
Thursday	General swim 6.30 – 9am															School swim 1.30 – 2.15pm		General swim 2.15 – 3.45pm			Learn to swim 4 – 7pm			Adult lessons 6 – 7pm		General swim 7 – 9pm						
	* Lane swim 6.30am – 9pm																															
Friday	General swim 6.30 – 9.30am				Social swim 9.30 – 10.30am		General swim 10.30am – 12noon				Aquafit 12noon – 1pm		General swim 1 – 3.45pm					Learn to swim 4 – 7pm				General swim 7 – 8pm										
	* Lane swim 6.30am – 4pm																		General swim 4 – 7pm				* Lane swim 7 – 8pm									
Saturday	Swim squads 5.15 – 8.30am				Learn to swim 8.30am – 12noon								General swim 12.15 – 1.15pm			Inflatable Fun session 1.30 – 3pm			Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			General swim 6 – 7pm							
	* Lane swim 6.30 – 11am								General swim 11am – 12noon												* Lane swim 6 – 7pm											
Sunday	General swim 6.30 – 8.30am				Learn to swim 8.30 – 11am				* Lane swim 11.05 – 12noon				General swim 12.15 – 1.15pm		Inflatable Fun session 1.30 – 3pm			Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			General swim 6 – 7pm								
	* Lane swim 6.30 – 10am						General swim 10 – 11am		General swim 11 – 12noon												* Lane swim 6 – 7pm											
	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		

Programme subject to change. We run an alternative programme during school holidays. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

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From Monday 7th September 2026

Leisure 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 pm
Monday										Preschool Learn to swim 9 – 11.15am		General swim 11.15am – 12.45pm			School swim 1 – 2pm		General swim 2 – 3.45pm				Learn to swim 4 – 7pm					Family swim 7 – 8pm				
Tuesday							Mini Splash time 9 – 10am		Preschool Learn to swim 10 – 11am		General swim 11.15am – 12.45pm			School swim 1 – 2pm		General swim 2 – 3.45pm					Learn to swim 4 – 7pm					Family swim 7 – 8pm				
Wednesday							School swim 9 – 10am			General swim 10am – 12.45pm				Quiet swim 1 – 2pm		Staff training 2 – 4pm					Learn to swim 4 – 7pm					Family swim 7 – 8pm				
Thursday							Mini Splash time 9 – 10am		Preschool Learn to swim 10.15 – 11.15am		General swim 11.15am – 1.15pm				School swim 1.30 – 2.30pm		General swim 2.30 – 3.45pm				Learn to swim 4 – 6pm					Family swim 6 – 8pm				
Friday							Mini Splash time 9 – 10am		Preschool Learn to swim 10 – 11am		General swim 11.15am – 12.45pm				General swim 1 – 3.45pm						Learn to swim 4 – 6pm					Family swim 6 – 8pm				
Saturday										Learn to swim 8.30am – 12noon			General swim 12.15 – 1.15pm			Inflatable Fun session 1.30 – 3pm				Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			Family swim 6 – 7pm				
Sunday									Learn to swim 8.30 – 10am		General swim 10 – 11am		General swim 11am – 12noon		General swim 12.15 – 1.15pm			Inflatable Fun session 1.30 – 3pm			Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			Family swim 6 – 7pm			
	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

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