

Pateley Bridge Leisure and Wellbeing Hub pool programme

From Monday 7th September 2026

	7 am	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 pm
Monday	Lane swim 7 – 7.45am	General swim 7.45 – 10.30am						Learn to swim 10.30 – 11am		Adult Learn to swim 11.15 – 11.45am	General swim 11.45am – 12.45pm		Schools 1 – 1.30pm		General swim 1.45 – 3.45pm					Learn to swim 4 – 5.30pm		General swim 5.30 – 6.45pm		AquaFit 6.45 – 7.30pm		Lane swim 7.30 – 8.30pm		
Tuesday	Lane swim 7 – 7.45am	General swim 7.45 – 9am	Aquacore 9 – 9.45am	Schools 9.45 – 10.15am	General swim 10.15 – 11.15am	Schools 11.15 – 11.45am	*Social swim 11.45am – 12.45pm		General swim 12.45 – 2pm		Staff training 2 – 4pm					Learn to swim 4 – 5.30pm		General swim 5.45 – 7.30pm		Lane swim 7.30 – 8.30pm								
Wednesday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am		Aquacore 9.30 – 10.15am		Schools 10.30 – 11am	General swim 11am – 3.45pm								Learn to swim 4 – 5.30pm		General swim 5.45 – 7.30pm		Lane swim 7.30 – 8.30pm	Adult lessons 7.30–8pm								
Thursday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am		AquaFit 9.30 – 10.15am		Learn to swim 10.30 – 11am	General swim 11am – 3.45pm								Learn to swim 4 – 5.45pm		General swim 6 – 7.30pm		Lane swim 7.30 – 8.30pm									
Friday	Lane swim 7 – 7.45am	General swim 7.45 – 9.30am		Aqua circuits 9.30 – 10.30am		Schools 10.30 – 11.15am	General swim 11.15am – 1.30pm			Accessible swim 1.30 – 2.30pm	General swim 2.30 – 3.45pm			Learn to swim 4 – 6pm		** Friday pool party 6.15 – 7.15pm		Lane swim 7.30 – 8.30pm										
Saturday		Swim fit 8 – 9am		Learn to swim 9.15 – 11.45am				General swim 11.45am – 12.45pm	Family swim 12.45 – 2pm		Party hire (staff training once a month) 2 – 4pm			We operate a no shoes policy in the changing area and on poolside. * Social swim – a gentle splash free session ** For children aged 8–12 years old														
Sunday		Lane swim 8 – 9am	Family swim 9 – 11am			General swim 11am – 1pm			Family swim 1 – 2.30pm			Party hire 2.30 – 4pm																

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