

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 6.30 – 8pm		Private hire 8 – 9pm	
Saturday		Lane swim 7 – 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 7 – 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			

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