Selby Leisure and Wellbeing Hub pool programme

From Monday 7th September

Main pool

	6.30 am – 12 noon	12 noon – 6 pm	6 pm – 10 pm
Monday	**Lane swim** 6.30 - 9am **Aqua Zumba** 9.15 - 10am **GB** **General swim** 10am - 12.45pm **Staff Training** 4th Monday each Month **Lane swim** 11am - 12.45pm **Learn to swim** 11am - 12.45pm	**Schools swimming** 1 - 3pm **Good boost** 3 - 3.30 pm **Learn to swim** 3.45 - 7pm **Tiger sharks swim squad** 7 - 9pm	**Lane swim** 9.15 - 10pm
Tuesday	**Lane swim** 6.30 - 10am **General swim** 9 - 10am **Aqua aerobics** 10.15 - 11am **General swim** 11am - 12.45pm **Lane swim** 11am - 12.45pm	**Schools swimming** 1 - 3pm **Learn to swim** 3.45 - 7pm **GB** **General swim** 7 - 8pm **Lane swim** 7 - 8pm	**Lane swim** 8.15 - 10pm **Staff Training** 2nd Tuesday each Month
Wednesday	**Lane swim** 6.30am - 12noon **General swim** 9am - 12noon **Staff Training** 12noon - 1pm	**Schools swimming** 1 - 3pm **Good boost** 3 - 3.30 pm **Learn to swim** 3.45 - 7pm **Aqua Zumba** 7.15 - 8pm	**Selby sub aqua 1st & 3rd Weds per month** **Tiger sharks swim squad 2nd & 4th Weds per month** **Selby sub aqua 1st & 3rd Weds per month** **Staff training 2nd & 4th Weds per month**
Thursday	**Lane swim** 6.30 - 11.45am **GB** **General swim** 10 - 11.45am **Aqua aerobics** 12noon - 12.45pm	**Schools swimming** 1 - 3pm **Good boost** 3 - 3.30 pm **Learn to swim** 3.45 - 7pm **Tiger sharks swim squad** 7 - 9pm	**Lane swim** 9.15 - 9.45 pm
Friday	**Lane swim** 6.30 - 9am **Aqua Zumba** 9.15 - 10am **General swim** 10am - 12.45pm **Lane swim** 10am - 12.45pm	**Adult Learn to swim** 1 - 2pm **Schools swimming** 2 - 3pm **Learn to swim** 3.45 - 6.30pm **General swim** 3.30 - 6.30pm **Lane swim** 6.30 - 7.30 pm	
Saturday	**Learn to swim** 8.30am - 4pm **General swim** 11am - 4pm **Lane swim** 12noon - 4pm		
Sunday	**Lane swim** 8am - 1.45pm **General swim** 10.30am - 1.45pm	**Tiger sharks swim squad** 2 - 4pm	

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Selby Leisure and Wellbeing Hub pool programme

From Monday 7th September

Small pool

	8 am – 8.30	8.30 – 9	9 – 9.30	9.30 – 10	10 – 10.30	10.30 – 11	11 – 11.30	11.30 – 12 noon	12 noon – 12.30	12.30 – 1	1 – 1.30	1.30 – 2	2 – 2.30	2.30 – 3	3 – 3.30	3.30 – 4	4 – 4.30	4.30 – 5	5 – 5.30	5.30 – 6	6 – 6.30	6.30 – 7	7 – 7.30	7.30 – 8 pm
Monday			Preschool Learn to swim 9.15 - 11.45am					Mini Splash time 11.45am - 12.45pm			Schools swimming 1 - 3pm					Learn to swim 3.45 - 7pm							General swim 7 - 8pm
Tuesday			Preschool Learn to swim 9.15 - 11.45am					General swim 11.45am - 12.45pm			Schools swimming 1 - 3pm					Learn to swim 3.45 - 7pm							General swim 7 - 8pm
Wednesday			Preschool Learn to swim 9.15 - 11.45am					Mini Splash time 11.45am - 12.45pm			Schools swimming 1 - 3pm					Learn to swim 3.45 - 7pm							General swim 7 - 8pm
Thursday			Preschool Learn to swim 9.15 - 11.45am					General swim 11.45am - 12.45pm			Schools swimming 1 - 3pm					Learn to swim 3.45 - 7pm							General swim 7 - 8pm
Friday			Preschool Learn to swim 9.15 - 11.45am					Mini Splash time 11.45am - 1.45pm					Schools swimming 2 - 3pm			Learn to swim 3.45 - 7pm							
Saturday		Learn to swim 8.30 - 12noon							General swim 12noon - 4pm														
Sunday			General swim 9am - 4pm																				

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