

Knaresborough Leisure and Wellbeing Hub pool programme

From Monday 26th October to Sunday 1st November 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 6.30am - 12noon											Aquafit 12 - 1pm		Inflatable Fun session 1.15 - 2.45pm		General swim 3 - 3.45pm		Learn to swim 4 - 6pm	Harrogate district swimming club 6 - 9pm											
	* Lane swim 6.30 - 9am				Learn to swim 9 - 10am		Aqua therapy 10 - 11am		* Lane swim 11am - 1pm							Good boost		* Lane swim 3 - 6pm												
Tuesday	General swim 6.30 - 11am											General swim 11.15am - 1pm		Inflatable Fun session 1.15 - 2.45pm		General swim 3 - 3.45pm		Learn to swim 4 - 7pm			Aquafit 7-8pm	Staff training 8 - 9pm								
	* Lane swim 6.30 - 9am				Good boost Learn to swim		* Lane swim 10am - 1pm							Lane swim	General swim 4 - 7pm			* Lane Swim 7 - 8pm												
Wednesday	General swim 6.30 - 10am							Inflatable Fun session 10.15 - 11.45am				General swim 12noon - 1pm		Inflatable Fun session 1.15 - 2.45pm		General swim 3 - 3.45pm		Learn to swim 4 - 7pm			Aquafit 7.15 - 8pm	General swim 8 - 9pm								
	* Lane swim 6.30 - 9am				Learn to swim 9 - 10am									* Lane swim 3 - 9pm																
Thursday	General swim 6.30 - 11.15am											General swim 11.30am - 1pm		Inflatable Fun session 1.15 - 2.45pm		General swim 3 - 3.45pm		Learn to swim 4 - 7pm		General swim 7 - 9pm										
	* Lane swim 6.30am - 1pm														Good boost Lane swim	* Lane swim 4 - 9pm														
Friday	General swim 6.30am - 12noon											Aquafit 12 - 1pm		Inflatable Fun session 1.15 - 2.45pm		General swim 3 - 3.45pm		Learn to swim 4 - 7pm			General swim 7 - 8pm									
	* Lane swim 6.30am - 1pm						* Lane swim 6.30am - 1pm								Lane swim	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										

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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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 11.30am – 1pm				Inflatable Fun session 1.15 – 2.45pm			General swim 3 – 3.45pm		Learn to swim 4 – 6pm			Family swim 6 – 8pm								
Tuesday						Mini Splash time 9 – 10am	Preschool Learn to swim 10 – 11am		General swim 11.15am – 1pm				Inflatable Fun session 1.15 – 2.45pm			General swim 3 – 3.45pm		Learn to swim 4 – 7pm				Family swim 7 – 8pm								
Wednesday						Mini Splash time 9 – 10am		Inflatable Fun session 10.15 – 11.45pm			General swim 12noon – 1pm		Inflatable Fun session 1.15 – 2.45pm			General swim 3 – 3.45pm		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 11.30am – 1pm				Inflatable Fun session 1.15 – 2.45pm			General swim 3 – 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 – 1pm				Inflatable Fun session 1.15 – 2.45pm			General swim 3 – 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										

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