

Selby 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	9.30	10 pm		
Monday	Lane swim 6.30 – 9am			Aqua Zumba 9.15 – 10am		GB		General swim 10am – 3pm										Good boost		Learn to swim 3.45 – 7pm					Tiger sharks swim squad 7 – 9pm			Lane swim 9.15 – 10pm						
						Staff Training 4th Monday each Month		Lane swim 11am – 12.45pm			Learn to swim 12.45pm			Learn to swim 12.45 – 3pm																				
Tuesday	Lane swim 6.30 – 10am			General swim 9 – 10am		Aqua aerobics 10.15 – 11am		Fun & floats 11.15 – 12.15pm					General swim 12.30 – 3pm							Learn to swim 3.45 – 7pm					GB General swim 7 – 8pm				Lane swim 8.15 – 10pm					
														Learn to swim 1 – 3pm												Lane swim 7 – 8pm		Staff Training 2nd Tuesday each Month						
Wednesday	Lane swim 6.30am – 12noon			General swim 9am – 12noon								Staff Training 12noon – 1pm		General swim 1 – 3pm			Good boost		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			General swim 10 – 11.45am					GB		Aqua aerobics 12noon – 12.45pm		General swim 1 – 3pm			Good boost		Learn to swim 3.45 – 7pm					Tiger sharks swim squad 7 – 9pm											
Friday	Lane swim 6.30 – 9am			Aqua Zumba 9.15 – 10am		General swim 10am – 3pm												Learn to swim 3.45 – 6.30pm					Lane swim 6.30 – 7.30 pm											
						Lane swim 10am – 1pm					Learn to swim 1 – 3pm							General swim 3.30 – 6.30pm																
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																		

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

*45 minute session available for members to book via the Active North Yorkshire app.

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From Monday 26th October to Sunday 1st November 2026

Small pool

	8 am	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 pm
Monday				Preschool Learn to swim 9.15 - 11.45am			Mini Splash time 11am - 12noon			General swim 12noon - 3pm								Learn to swim 3.45 - 7pm					General swim 7 - 8pm		
Tuesday				Preschool Learn to swim 9.15 - 11.45am			Mini Splash time 11am - 12noon			General swim 12noon - 3pm								Learn to swim 3.45 - 7pm					General swim 7 - 8pm		
Wednesday				Preschool Learn to swim 9.15 - 11.45am			Mini Splash time 11am - 12noon			General swim 12noon - 3pm								Learn to swim 3.45 - 7pm					General swim 7 - 8pm		
Thursday				Preschool Learn to swim 9.15 - 11.45am			Mini Splash time 11am - 12noon			General swim 12noon - 3pm								Learn to swim 3.45 - 7pm					General swim 7 - 8pm		
Friday			Mini Splash time 9 - 10am		General swim 10am- 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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