

Skipton Leisure and Wellbeing Hub Programme

Half Term Holidays – Monday 26th October to Sunday 1st November

Main pool

	5.45 am	6	6.30	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12	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	9.45 pm		
Monday (31st August pool opening times: 8am – 4pm)		Craven energy 6 – 7am		Courses	Lane Swim 6 – 9am				Relaxed swim 9 – 9.55am	General swim 10 – 11.30am (lanes available until 11am)			Courses		Lane swim 11.30am – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 3 – 5pm		Lane swim 3 – 4pm			Learn to swim 4 – 7pm			Skipton swim club 7 – 9pm			Craven energy 8.30 – 9.30pm				
Tuesday		Lane Swim 6 – 9am				Relaxed swim 9 – 9.55am	General swim 10 – 11.30am (lanes available until 11am)			Courses		Lane swim 11.30am – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 3 – 5.30pm		Junior lane swim 5.30 – 6.30pm					Learn to swim 4 – 7.30pm			Lane swim 7.30 – 9.30pm			Craven energy 7.30 – 8.30pm					
Wednesday		Skipton swim club 5.45 – 7.30am		Courses 7.30 – 10am						General swim 9 – 9.55am	*Inflatable fun session – bookable online 10.15 – 11.45am			Lane swim 12noon – 1pm		General swim 1.15 – 2.45pm				General swim 2.45 – 5.30pm		Lane swim 5.35 – 7pm						Skipton swim club 7 – 9pm		Lane swim 9 – 9.45pm						
Thursday		Lane Swim 6 – 9am				Relaxed swim 9 – 9.55am	General swim 10 – 11.55am (lanes available until 11am)			Lane swim 12noon – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 3 – 5pm		Lane swim 3 – 4pm		Learn to swim 4 – 7pm			Craven energy		Skipton swim club 7.15 – 8.45pm		Lane swim 8.45 – 9.45pm			Craven energy 8.45 – 9.45pm						
Friday		Skipton swim club 5.45 – 7.30pm		Lane Swim 5.45 – 9am				Relaxed swim 9 – 9.55am	General swim 10 – 11.55am (lanes available until 11am)			Lane swim 12noon – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm				General swim 2.45 – 5.30pm		Junior lane swim 5.30 – 6.30pm		Lane swim 6.30 – 8.15pm			Underwater hockey club 8.30 – 9.30pm											
Saturday						Craven energy 7.30 – 9.30am			Courses 9.30 – 11am		General swim 11 – 12.45am				*Inflatable fun session – bookable online 1.15 – 2.45pm			Private Pool Party 3 – 4pm					* Inflatable sessions No over 16s will be permitted access to the inflatable.													
Sunday						Lane Swim 8 – 9am		SEN Family Swim 9.05 – 10am				General Swim 10.15 – 11.15am		General Swim 11.30am – 12.30pm				*Inflatable fun session – bookable online 1 – 2.30pm					Skipton swim club 2.45 – 4.45pm		Lane swim 2.45 – 4.45pm		All swimmers must successfully complete a 25m swim test prior to being granted access onto the inflatable. This session is bookable online.									
	5.45 am	6	6.30	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12	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	9.45 pm		

General Information: Swimwear and swimming equipment available to buy at reception. Times are subject to change on Bank Holiday. Please check our website and facebook page for news on any changes to the programme. Adult to child ratio is 1:2. All children under 8 must be accompanied by an adult or guardian in the water. We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C – 30°C. All sessions are inclusive of any changeover time required. Vending machines are available.

www.northyorks.gov.uk/active

Skipton Leisure and Wellbeing Hub Programme

Half Term Holidays – Monday 26th October to Sunday 1st November

Small pool

	5.45 am	6	6.30	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	9.45 pm	
Monday							Course 7 – 9am		Hydro jog 9.15 – 10am		General swim 10am – 12noon			Aqua aerobics 12.15 – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm			Courses 3 – 4pm			Learn to swim 4 – 7.30pm				Social swim 7.30 –8.30pm									
Tuesday							Course 7 – 9am		Mini splash time 9 – 9.55am		General swim 10 – 10.55am		Pre-school learn to swim 11.15am – 12.15pm	Accessible swim 12.15 – 1pm		*Inflatable fun session – bookable online 1.15 – 2.45pm			Courses 3 – 4pm			Learn to swim 4 – 8pm													
Wednesday							Course 7 – 8am		Hydro jog 8 – 8.45am		Mini splash time 9 – 9.55am		*Inflatable fun session – bookable online 10.15 – 11.45pm		Aqua aerobics 12.05 – 12.50pm			General swim 1.15 – 2.45pm			Courses 3 – 4pm			Learn to swim 4 – 7.30pm				Aqua aerobics 7.45 – 8.30pm							
Thursday							Course 7 – 9am		Mini splash time 9 – 9.55am		Pre-school learn to swim 10 – 11.30am			Accessible swim 12.05 – 12.45pm			*Inflatable fun session – bookable online 1.15 – 2.45pm			Courses 3 – 4pm			Learn to swim 4 – 7.30pm				Social swim 7.30 –8.30pm								
Friday							Course 7 – 9am		Mini splash time 9 – 9.55am		General swim 10am – 12noon			Aqua aerobics 12.15 – 1pm			*Inflatable fun session – bookable online 1.15 – 2.45pm			Courses 3 – 4pm			Learn to swim 4 – 7pm				Under water hockey 7.30 – 8.15pm								
Saturday									Learn to swim 8.30 – 11am		General swim 11am – 12.45pm					*Inflatable fun session – bookable online 1.15 – 2.45pm																			
Sunday									SEN family Swim 9.05 – 10am		General swim 10.15 – 11.15am		General swim 11.30am – 12.30pm			*Inflatable fun session – bookable online 1 – 2.30pm			Private Pool Party 2.45 – 3.45pm																
	5.45 am	6	6.30	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	9.45 pm	

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Steam & Sauna

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 9.30pm	6am - 9.30pm	6am - 9.30pm	6am - 9.30pm	6am - 9.30pm	9am - 2.30pm	8am - 4.30pm

Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 9.30pm	6am - 9.30pm	6am - 9.30pm	6am - 9.30pm	6am - 9.30pm	8am - 4pm	8am - 4pm

Revive Cafe

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am - 6.30pm	7.15am - 6.30pm	7.15am - 6.30pm	7.15am - 6.30pm	7.15am - 6.30pm	8.15am - 4pm	8.15am - 4pm

Pricing

Adult General Swim	£6.00	Adult Lane Swim	£6.00	Adult Gym Workout	£8.90
Junior General Swim (5-15)	£4.50	Junior Lane Swim	£4.50	Junior Gym Workout (14-17)	£5.50
Concession General Swim (67+)	£4.50	Concession Lane Swim (67+)	£4.50	Concession Gym Workout (67+)	£6.60
Under 4's	£1.10	Inflatable Junior	£5.00		