

Knaresborough Leisure and Wellness Centre pool programme

From Monday 8th April 2024

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 6.30 - 11am										Social swim 11 - 12noon	Aquafit 12noon - 12.45pm		School swim 1 - 3pm						*Lane swim 3.15 - 4pm	Learn to swim 4 - 6pm		Swim squads 6 - 9pm							
	* Lane swim 6.30am - 3.15pm																	* Lane swim 4 - 6pm												
Tuesday	Squads 6.30 - 7am	General swim 7 - 11am								Private hire 11am -12noon	General swim 12noon -1pm	School swim 1 - 3pm						*Lane swim 3.15 - 4pm	Learn to swim 4 - 7pm			Aquafit 7 -7.45pm	Lane swim 7.45 - 9pm							
	* Lane swim 6.30am - 3.15pm																	General swim 4 - 7pm		Lane swim 7 - 9pm										
Wednesday	General swim 6.30 - 9am						School swim 9.15 - 11.45am						General swim 12 - 2pm				Staff training 2 - 4pm			Learn to swim 4 - 7pm				Aquafit 7.15-8pm	General swim 8 - 9pm					
	* Lane swim 6.30am - 2pm										* Lane swim 4 - 9pm																			
Thursday	General swim 6.30 - 9am						School swim 9.15 - 11.45am						General swim 12 - 1pm	School swim 1 - 3pm				*Lane swim 3.15 - 4pm	Learn to swim 4 - 7pm			Lane swim 7 - 8pm		Staff training 8 - 9pm						
	* Lane swim 6.30am - 3.15pm																	*Lane swim 4 - 6pm	Adult lessons 6 - 7pm		Lane swim 7 - 8pm									
Friday	General swim 6.30 - 10am							Social swim 10 -11am		General swim 11 - 12noon	Aquafit 12noon - 12.45pm		School swim 1 - 2.15pm		General swim 2.15 - 3.15pm		*Lane swim 3.15 - 4pm	Learn to swim 4 - 6pm		Adult lessons 6 - 7pm		Lane swim 7 - 8pm								
	* Lane swim 6.30am - 3.15pm															* Lane swim 4 - 8pm														
Saturday	Swim squads 6.30 - 8.30pm				Learn to swim 8.30am - 12noon								General swim 12.15 - 1.15pm			Fun session 1.30 - 3pm			Party hire 3.30 - 4.30pm			Party hire 4.45 - 5.45pm			* Lane swim 6 - 7pm					
	* Lane swim 6.30 - 11am								General swim 11.05am - 12.05pm																					
Sunday	General swim 6.30 - 8.30am				Learn to swim 8.30 - 11am					General swim 11.05am - 12.05pm			General swim 12.15 - 1.15pm			Fun session 1.30 - 3pm			Party hire 3.30 - 4.30pm			Party hire 4.45 - 5.45pm			* Lane swim 6 - 7pm					
	* Lane swim 6.30 - 10am							General swim 10 - 11am		* Lane swim 11.05 - 11.05am																				
	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

Programme subject to change. We run an alternative programme during school holidays. *All our bookable sessions can be booked via the Brimhams App or our website

Knaresborough Leisure and Wellness Centre pool programme

From Monday 8th April 2024

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							Toddler swim 9 - 10am		Learn to swim 10 - 11am		General swim 11am - 12.45pm				School swim 1 - 3pm				General swim 3.15 - 4pm			Learn to swim 4 - 7pm				Family swim 7 - 8pm				
Tuesday							Toddler swim 9 - 10am		Learn to swim 10 - 11am		General swim 11am - 12.45pm				School swim 1 - 3pm				General swim 3.15 - 4pm			Learn to swim 4 - 7pm				Family swim 7 - 8pm				
Wednesday										School swim 9.15 - 11.45am			General swim 12 - 2pm				Staff training 2 - 4pm					Learn to swim 4 - 7pm				Family swim 7 - 8pm				
Thursday										School swim 9.15 - 11.45am			General swim 12 - 1pm			School swim 1 - 3pm			General swim 3.15 - 4pm			Learn to swim 4 - 6pm				Family swim 6 - 8pm				
Friday							Toddler swim 9 - 10am		Learn to swim 10 - 11am		General swim 11am - 12.45pm				School swim 1 - 2.15pm				General swim 2.30 - 4pm			Learn to swim 4 - 7pm				Family swim 7 - 8pm				
Saturday													General swim 12.15 - 1.15pm				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 11.05am - 12.05pm		General swim 12.15 - 1.15pm				Fun session 1.30 - 3pm			Party hire 3.30 - 4.30pm			Party hire 4.45 - 5.45pm			Family swim 6 - 7pm				
	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

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