

# Nidderdale pool programme

From Monday 8th April 2024

	7 am	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 pm
<b>Monday</b>	Lane swim 7 - 7:45am	General swim 7:45 - 10:30am					Adult lessons	Learn to swim 11:15 - 11:45am	General swim 11:45am - 3:45pm										Learn to swim 4 - 5:30pm	General swim 5:30 - 6:45pm	Aquafit 6:45 - 7:30pm	Lane swim 7:30 - 8:30pm						
<b>Tuesday</b>	Lane swim 7 - 7:45am	General swim 7:45 - 9am	Aquacore 9 - 9:45am	General swim 9:45 - 11am			School swim 11am - 12:30pm		*Relax zone 12:30 - 1:15pm	Schools 1:30 - 2pm	Staff training 2 - 4pm			Learn to swim 4 - 5:30pm	General swim 5:45 - 7:30pm			Lane swim 7:30 - 8:30pm										
<b>Wednesday</b>	Lane swim 7 - 7:45am	General swim 7:45 - 9:30am		Aquacore 9:30 - 10:30am	School swim 10:30am - 12:30pm			General swim 12:30 - 1:15pm	Schools 1:30 - 2:30pm	General swim 2:45 - 3:45pm		Learn to swim 4 - 5:30pm	General swim 5:45 - 7:30pm			Lane swim 7:30 - 8:30pm												
<b>Thursday</b>	Lane swim 7 - 7:45am	General swim 7:45 - 10:15am			Learn to swim 10:30 - 11am	General swim 11am - 1:15pm			Nidderdale High School 1:15 - 2:15pm	General swim 2:15 - 3:45pm		Learn to swim 4 - 6pm	General swim 6:15 - 7:30pm		Lane swim 7:30 - 8:30pm													
<b>Friday</b>	Lane swim 7 - 7:45am	General swim 7:45 - 9:30am		Aquafit 9:30 - 10:30am	Schools	General swim 11:15am - 3:45pm										Learn to swim 4 - 6pm	*** Pool party 6 - 7:30pm	General swim 7:30 - 8:30pm										
<b>Saturday</b>	Swim fit 8 - 9am		Learn to swim 9:15 - 11:45am			General swim 11:45am - 12:45pm	Family swim 12:45 - 2pm	Party hire/courses/ staff training 2 - 4pm		We operate a no shoes policy in the changing area and on poolside. Shoe covers are available from reception.																		
<b>Sunday</b>	Lane swim 8 - 9am		*** Family splash 9 - 11am			General swim 11am - 1pm	Family swim 1 - 2:30pm	Party hire/courses 2:30 - 4pm		* Relax zone - a gentle splash free session ** Family fun with small pool toys *** For children over 8 years **** For children under 16 and accompanying adults																		

Programme subject to change. For child admission details please visit [www.brimhamsactive.co.uk/generalinfo](http://www.brimhamsactive.co.uk/generalinfo)