

Harrogate 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		Lane swim 7 - 9.30am						Schools 9.45 - 11.45am					Lane swim 11.45am - 2pm					General swim 2 - 4pm					Learn to swim 4 - 7pm					General swim 7 - 8pm		Adult lessons 8 - 9pm		
	General swim 7 - 9pm																															
	* Lane swim 6.30am - 9pm																															
Tuesday		Lane swim 7 - 9am				Schools 9.15 - 11.45am						General swim 12noon - 2pm					Lane swim 2 - 4pm			Learn to swim 4 - 6pm			Squads 6 - 9pm									
	* Lane swim																															
	Wednesday		Lane swim 7 - 9am				General swim 9am - 12noon					Lane swim 12 - 1.30pm				Schools 1.45 - 2.45pm			General swim 3 - 9pm													
* Lane swim 6.30am - 4pm																		Learn to swim 4 - 6pm				Squads 6 - 8pm				* Lane swim 8 - 9pm						
Thursday			Lane swim 7 - 9am				General swim 9am - 12noon					Lane swim 12 - 1pm			Schools 1.15 - 2.45pm				General swim 3 - 4pm		Learn to swim 4 - 7pm				General swim 7- 8pm		Adult lessons 8 - 9pm					
	General swim 7 - 9pm																															
	* Lane swim 6.30am - 9pm																															
Friday		General swim 7 - 9am					Schools 9.15 - 10.45am				General swim 11am - 2pm					Lane swim 2 - 4pm			Learn to swim 4 - 7pm					General swim 7 - 8pm								
	* Lane swim 6.30am - 6.30pm																		Squads 6.30 - 8pm													
	Saturday	* Lane swim 6.30 - 8.30am				Learn to swim 8.30 - 12 noon					* Lane swim 12noon - 1pm				Fun session 1.15 - 2.45pm				Party hire 3 - 4pm				General swim 4.30 - 6pm									
		Squads 7 - 8.30am (half pool)				General swim 8.30am - 1pm																										
Sunday		General swim 6.30 - 8.30am				General swim 8.30am - 1pm									Fun session 1.15 - 2.45pm				Party hire 3 - 4pm				General swim 4.30 - 6pm				Squads 7 - 9pm					
	* Lane swim 6.30am - 1pm																															
	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. *45 minute session available for members to book via the Brimhams App

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From Monday 8th April 2024

Activity 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								Schools 9.45 - 11.45am				Aquafit 12.15 - 1pm	Staff training 1 - 4pm					Learn to swim 4 - 5pm	Diving squads/ lessons 5 - 8pm						Aquafit 8.15 - 9pm					
Tuesday							Schools 9.15 - 11.45am				Accessible swim 12 noon - 1pm		General diving 1.30 - 2.30pm		Social swim 3 - 4pm	Learn to swim 4 - 6pm		Squads 6 - 9pm												
Wednesday								Aquafit 10 - 10.45pm			Aquafit 11.45am - 12.30pm		Schools 1.15 - 2.45pm			Learn to swim 4 - 5pm	Diving lessons/squads 5 - 8pm						Aquafit 8.15 - 9pm							
Thursday							Adult lessons 9.30 - 10.15am		Accessible swim 11am - 12 noon		Aquafit 12.15 - 1pm		Schools 1.15 - 2.45pm			Learn to swim 4 - 6pm	Diving lessons/squads 6 - 7.45pm													
Friday							Schools 9.15 - 12noon				Aquafit 12noon - 12.45pm		Social swim 1.45 - 2.45pm			Learn to swim 4 - 7pm				General diving 7.15 - 8pm										
Saturday					Learn to swim 8.30am - 1pm						Fun session 1.15 - 2.45pm				Party hire 3 - 4pm		Party hire 4.15 - 5.15pm													
Sunday					Learn to swim 8.30 - 11am			Diving lessons/squads 11am - 1pm				Fun session 1.15 - 2.45pm			Diving lessons/squads 3 - 6pm															
	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

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Harrogate Leisure and Wellness Centre pool programme

From Monday 8th April 2024

Learner 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										Schools 9.45 - 11.45am			General swim 12noon - 1.30pm			Toddler swim 1.45 - 3pm			General swim 3 - 4pm		Learn to swim 4 - 6pm			General swim 6 - 7pm						
Tuesday										Schools 9.15 - 11.45am			General swim 12noon - 1.30pm			Toddler swim 1.45 - 3pm			General swim 3 - 4pm		Learn to swim 4 - 6pm			General swim 6 - 7pm						
Wednesday										Learn to swim 9 - 11.30am			General swim 11.30am - 1pm			Schools 1.15 - 2.45pm			General swim 3 - 4pm		Learn to swim 4 - 6pm			General swim 6 - 7pm						
Thursday										Learn to swim 9 - 11am			General swim 11am - 1pm			Schools 1.15 - 2.45pm			General swim 3 - 4pm		Learn to swim 4 - 6pm			General swim 6 - 7pm						
Friday										Schools 9.15 - 11.45am					General swim 12noon - 3pm							Learn to swim 4 - 7pm			General swim 7 - 8pm					
Saturday										Learn to swim 8.30 - 11am			General swim 11.15am - 1pm			Fun session 1.15 - 2.45pm			Party hire 3 - 4pm			Party hire 4.15 - 5.15pm								
Sunday										General swim 8 - 9.30am			General swim 9.45 - 11.15am			General swim 11.30am - 1pm			Fun session 1.15 - 2.45pm			Party hire 3 - 4pm			Party hire 4.15 - 5.15pm					

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