### Harrogate Leisure and Wellness Centre pool programme From Monday 8th April 2024

## Main pool

6 2	6.30 7 7.30 8 8.30 am		2 12.30 1 on	1.30 2 2.30	3 3.30 4	4.30 5 5.30 6	6.30 7 7.30 8 8.30 General swim Adult lessons								
Monday	<b>Lane swim</b> 7 - 9.30am	<b>Schools</b> 9.45 - 11.45am	<b>Lane swim</b> 11.45am - 2pi		eral swim 2 - 4pm	<b>Learn to swim</b> 4 - 7pm	7 - 8pm 8 - 9pm <b>General swim</b> 7 - 9pm								
	* Lane swim 6.30am - 9pm														
Transferr	Lane swim 7 - gam	<b>Schools</b> 9.15 - 11.45am	<b>General sv</b> 12noon - 2		<b>ne swim</b> 2 - 4pm	<b>Learn to swim</b> 4 - 6pm	Squads								
Tuesday		6 - 9pm													
Wednesday	Lane swim 7 - gam	<b>General swim</b> 9am - 12noon	<b>Lane swim</b> 12 - 1.30pm	<b>Schools</b> 1.45 - 2.45pm			eral swim 3 - 9pm								
		* Lane swim 6.30am - 4pm				<b>Learn to swim</b> 4 - 6pm	Squads* Lane swim6 - 8pm8 - 9pm								
	Lane swim	General swim	Lane swim 12 - 1pm	Schools	General swim	Learn to swim	General swimAdult lessons7- 8pm8 - 9pm								
Thursday	7 - 9am	9am - 12noon		1.15 - 2.45pm 3 - 4pm		4 - 7pm	General swim 7 - 9pm								
Fider	General swim 7 - 9am	<b>Schools</b> 9.15 - 10.45am	General swim 11am - 2pm	La	<b>ne swim</b> 2 - 4pm	<b>Learn to swim</b> 4 - 7pm	<b>General swim</b> 7 - 8pm								
Friday			<b>Squads</b> 6.30 - 8pm												
	* Lane swim 6.30 - 8.30am	<b>Learn to swim</b> 8.30 - 12 noon	* Lane swim 12noon - 1pm	Fun session	Party hire	General swim									
Saturday	Squads 7 - 8.30am (half pool)	<b>General swim</b> 8.30am - 1pm		1.15 - 2.45pm	3 - 4pm	4.30 - 6pm									
Sunday	General swim 6.30 - 8.30am	<b>General swim</b> 8.30am - 1pm		Fun session	Party hire	General swim	Squads								
		* Lane swim 6.30am - 1pm		1.15 - 2.45pm	3 - 4pm	4.30 - 6pm	7 - 9pm								
i	am		2 12.30 1 on	1.30 2 2.30	3 3.30 4		6.30 7 7.30 8 8.30 F								



www.brimhamsactive.co.uk/harrogate



NORTH

**ORKSHIRE** 

### Harrogate Leisure and Wellness Centre pool programme From Monday 8th April 2024

# Activity pool

6	6.30 7 7.30 8 8.3 am	D 9	9.30 10	0 10.30	11 11.30 r	12 12.30 100n	1	1.30 2 2.30	3	3.30 4	4 4.30 <u>!</u>	5 5.30	6 6.30 I I	7 7.30	8	8.30 9 pm
Monday				<b>Scho</b> 9.45 - 1		<b>Aquafi</b> 12.15 - 1pm		<b>Staff train</b> i 1 - 4pm			Learn to Divin swim 4 - 5pm		<b>ng squads∕ lessons</b> 5 - 8pm			<b>Aquafit</b> 8.15 - 9pm
Tuesday				<b>Schools</b> 9.15 - 11.45		Accessible swim 12 noon - 1pm	9	General diving 1.30 - 2.30pm		<b>Social swim</b> 3 - 4pm		<b>:o swim</b> ôpm	<b>Squads</b> 6 – 9pm			
Wednesday		Aquafit 10 - 10.45pm						<b>Schools</b> 1.15 - 2.45pm			<b>Learn to</b> swim 4 - 5pm	Divi	<b>ng lessons/squads</b> 5 - 8pm			<b>Aquafit</b> 8.15 - 9pm
Thursday	Adult lessons 9:30 - 10.15amAccessible swim 11am - 12 noonAquafit 12:15 - 1pm						<b>Schools</b> 1.15 - 2.45pm			Learn to swim 4 - 6pm Diving lessons/squads 6 - 7.45pm						
Friday		Schools 9.15 - 12noon - 12.45pm						<b>Social swim</b> 1.45 - 2.45pm			Learn to swimGeneral diving 7.15 - 8pm					
Saturday	Learn to swim 8.30am - 1pm							<b>Fun session</b> 1.15 - 2.45pm		<b>Party hire</b> 3 - 4pm	<b>Party hi</b> 4.15 - 5.15					
Sunday			<b>.earn to sw</b> 8.30 - 11ar			<b>sons/squads</b> n - 1pm		<b>Fun session</b> 1.15 - 2.45pm	Divit		ng lessons/squads 3 - 6pm					
	6.30 7 7.30 8 8.3 am ect to change. We run an alte		9.30 10		r	12 12.30 1000n *45 minut	1 1 te ses	<b>1.30 2 2.30</b>	י 3 nemb			5 5.50	6 6.30	7 7.30	8	8.30 9 pm

Swim England Water Wellbeing Accredited

www.brimhamsactive.co.uk/harrogate



NORTH YORKSHIRE

COUNCIL

### Harrogate Leisure and Wellness Centre pool programme From Monday 8th April 2024

### Learner pool

e 	5.30 7 7.30 8 8. am	30 9	9.30	10 10.30 1	. <b>1 11</b> .3	30 1 30 nc	2 12.30 1 oon	L	1.30 2 2.30	3	3 3.30 2	4.30 5	5.30	6 6.30 7 	7.30	8 8.30 I I	9 pm
Monday				<b>School</b> : 9.45 - 11.45		<b>General</b> n 12n00n - 1			<b>Toddler swin</b> 145 - 3pm	n	<b>General</b> swim 3 - 4pm	<b>Learn to swim</b> 4 - 6pm		<b>General</b> swim 6 - 7pm			
Tuesday				<b>Schools</b> 9.15 - 11.45am			<b>General sv</b> 12n00n - 1.3				<b>General</b> swim 3 - 4pm	<b>Learn to swim</b> 4 - 6pm		<b>General</b> swim 6 - 7pm			
Wednesday				<b>earn to swim</b> 9 - 11.30am		<b>General swim</b> 11.30am - 1pm			<b>Schools</b> 1.15 - 2.45pm		General swim 3 - 4pm	<b>Learn to swim</b> 4 - 6pm		<b>General</b> swim 6 - 7pm			
Thursday			Learn to swim ( 9 - 11am				<b>al swim</b> - 1pm		<b>Schools</b> 1.15 - 2.45pm		General swim 3 - 4pm	<b>Learn to swim</b> 4 - 6pm		<b>General</b> swim 6 - 7pm			
Friday				<b>Schools</b> 9.15 - 11.45am	<u>^</u>				<b>eral swim</b> bon - 3pm				<b>n to swim</b> - 7pm	1	<b>General</b> swim 7 - 8pm		
Saturday			Learn to swim 8.30 - 11am			<b>General swim</b> 11.15am - 1pm			Fun session 1.15 - 2.45pm		<b>Party hire</b> 3 - 4pm	<b>Party hire</b> 4.15 - 5.15pm					
Sunday		neral swim - 9.30am				General swim 11.30am - 1pm			<b>Fun session</b> 1.15 - 2.45pm		<b>Party hire</b> 3 - 4pm	<b>Party hire</b> 4.15 - 5.15pm					
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 pm am Programme subject to change. We run an alternative programme during school holidays. *45 minute session available for members to book via the Brimhams App																	



www.brimhamsactive.co.uk/harrogate



NORTH YORKSHIRE