

Knarborough Leisure and Wellness Centre pool programme

Summer Holidays - Monday 22nd July to Monday 2nd September 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 <small>*Bank Holiday Monday 26th August - pool open 7am-4pm</small>	General swim 6.30 - 9am	Social swim 9 - 10am		General swim 10am - 12noon			AquaFit 12noon - 12.45pm		Fun Session* 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 6pm		Swim squads 6 - 9pm													
	Lane swim 6.30 - 9am	Learn to swim 9 - 10am		Lane swim 10am - 12.45pm							Lane swim 2.45 - 4pm		Lane swim 4 - 6pm																	
Tuesday	General swim 6.30 - 9am	Learn to swim 9 - 10am		General swim 10 - 11.10am		General swim 11.20 - 12.30pm			Fun Session* 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 7pm		AquaFit 7 - 7.45pm		Lane swim 7.45 - 9pm											
	Lane swim 6.30 - 12.30pm										General swim 2.45 - 7pm																			
Wednesday	General swim 6.30 - 9am	Social swim 9 - 10am		General swim 10 - 11.10am		General swim 11.20 - 12.30pm			Fun Session* 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 7pm		AquaFit 7.15 - 8pm		General swim 8 - 9pm											
	Lane swim 6.30 - 9am	Learn to swim 9 - 10am		Lane swim 10 - 12.30pm							Lane swim 2.45 - 9pm																			
Thursday	General swim 6.30 - 9am	Learn to swim 9 - 10am		General swim 10 - 11.10am		General swim 11.20 - 12.30pm			Fun Session* 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 6pm		Learn to swim/ Adult lessons 6 - 7pm	General swim 7 - 8pm	Staff training 8 - 9pm											
	Lane swim 6.30am - 12.30pm										General Swim 2.45 - 8pm																			
Friday	General swim 6.30 - 9am	Social swim 9 - 10am		General swim 10am - 12noon			AquaFit 12noon - 12.45pm		Fun Session* 1 - 2.30pm				General swim 2.45 - 3.55pm		Learn to swim 4 - 7pm		General swim 7 - 8pm													
	* Lane swim 6.30 - 9am	Learn to swim 9 - 10am		Lane swim 10am - 12.45pm							Lane swim 2.45 - 8pm																			
Saturday	Swim squads 6.30 - 8.30am	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 11.05am - 12.05pm																									

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

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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 <small>*Bank Holiday Monday 26th August - pool open 7am-4pm</small>						Learn to swim 9 - 10am	Learn to swim 10 - 11am		Family swim 11am - 12noon	General swim 12noon - 12.45pm			Fun Session* 1 - 2.30pm			Family swim 3 - 4pm				Learn to swim 4 - 7pm				General swim 7 - 8pm							
Tuesday						Learn to swim 9 - 10am	Learn to swim 10 - 11am		Family swim 11.20am - 12.30pm				Fun Session* 1 - 2.30pm			Family swim 3 - 4pm				Learn to swim 4 - 7pm				Family swim 7 - 8pm							
Wednesday						Learn to swim 9 - 10am	Toddler swim 10 - 11.10am		Family swim 11.20am - 12.30pm				Fun Session* 1 - 2.30pm			Family swim 3 - 4pm				Learn to swim 4 - 7pm				General swim 7 - 8pm							
Thursday						Learn to swim 9 - 10am	Toddler swim 10 - 11.10am		Family swim 11.20am - 12.30pm				Fun Session* 1 - 2.30pm			Family swim 3 - 4pm				Learn to swim 4 - 6pm				Family swim 6 - 8pm							
Friday						Learn to swim 9 - 10am	Learn to swim 10 - 11am		Family swim 11am - 12noon	General swim 12noon - 12.45pm			Fun Session* 1 - 2.30pm			Family swim 3 - 4pm				Learn to swim 4 - 7pm				General swim 7 - 8pm							
Saturday						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				Family swim* 6 - 7pm bookable								
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 bookable								

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