

# Nidderdale pool programme

## Summer Holidays - Monday 22nd July to Monday 2nd September 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 - 9.30am			Adult swim 9.30 - 11am			Learn to swim 11.15 - 11.45am		General swim 11.45am - 2pm				***Family swim 2 - 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>Bank Holiday Monday 26th August</b>	Lane swim 7 - 7.45am	General swim 7.45 - 9.30am			Adult swim 9.30 - 11am			General swim 11am - 2pm				Family swim 2 - 3.45pm																
<b>Tuesday</b>	Lane swim 7 - 7.45am	General swim 7.45 - 9am		Aquacore 9 - 9.45am		Relax zone 9.45 - 11am			General swim 11am - 2pm				***Family swim 2 - 3.45pm Except 13th August for staff training session			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 - 10.15am		Adult swim 10.15 - 11.30am			General swim 11.30am - 2pm				***Family swim 2 - 3.45pm			Learn to swim 4 - 5.30pm		General swim 5.45 - 7.30pm			Lane swim 7.30 - 8.30pm	Adult lessons 7.30-8pm					
<b>Thursday</b>	Lane swim 7 - 7.45am	General swim 7.45 - 9.15am			Adult swim 9.15 - 10.15am		Learn to swim 10.30 - 11am		General swim 11am - 2pm				***Family swim 2 - 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 - 10.15am		Adult swim 10.15 - 11.30am			General swim 11.30am - 2pm				***Family swim 2 - 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 - 11.45pm				General swim 11.45am - 12.45pm		Family swim 12.45 - 3pm			Party hire/ courses/ staff training 3 - 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 swim 9 - 11am			General swim 11am - 1pm				Family swim 1 - 3.30pm			* Social swim - a gentle splash free session ** For children over 8 years *** w/c 29th July the family swim session will finish at 3.30pm													

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