

# Harrogate 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					
<b>Monday</b> <small>*Bank Holiday Monday 26th August - pool open 7am-3.30pm</small>		General swim 7 - 11am									* Lane swim 11am - 12noon	General swim 12noon - 1.45pm									Fun session 2 - 3.30pm			Lane swim 4 - 9pm											
		* Lane swim 6.30am - 1.45pm																					Learn to swim 4 - 7pm						General swim 7 - 9pm			Adult lessons			
<b>Tuesday</b>		General swim 7 - 11am									* Lane swim 11am - 12noon	General swim 12noon - 1.45pm									Fun session 2 - 3.30pm			Learn to swim 4 - 6pm			Squads 6 - 9pm								
		* Lane swim 6.30am - 1.45pm																					* Lane swim 4 - 6pm												
<b>Wednesday</b>		General swim 7 - 11am									* Lane swim 11am - 12noon	General swim 12noon - 1.45pm									Fun session 2 - 3.30pm			General swim 4 - 9pm											
		* Lane swim 6.30am - 1.45pm																					Learn to swim 4 - 6pm			Squads 6 - 8pm			* Lane swim 8 - 9pm						
<b>Thursday</b>		General swim 7 - 11am									* Lane swim 11am - 12noon	General swim 12noon - 1.45pm									Fun session 2 - 3.30pm			Learn to swim 4 - 7pm						General swim 7 - 9pm			Adult lessons 8 - 9pm		
		* Lane swim 6.30am - 1.45pm																					* Lane swim 4 - 9pm												
<b>Friday</b>		General swim 7 - 11am									* Lane swim 11am - 12noon	General swim 12noon - 1.45pm									Fun session 2 - 3.30pm			Learn to swim 4 - 7pm						General swim 7 - 8pm					
		* Lane swim 6.30am - 1.45pm																					* Lane swim 4 - 6.30pm						Squads 6.30 - 8pm						
<b>Saturday</b>		* 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																														
<b>Sunday</b>		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 6.30 - 8.30pm									
		* Lane swim 6.30am - 1pm																																	

Programme subject to change. We run an alternative programme during school holidays. \*45 minute session available for members to book via the Brimhams App

# Harrogate Leisure and Wellness Centre pool programme

## Summer Holidays - Monday 22nd July to Monday 2nd September 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
<b>Monday</b> *Bank Holiday Monday 26th August - pool open 7am-3.30pm													AquaFit 12.15 - 1pm				Fun session 2 - 3.30pm				Learn to swim 4 - 5pm	Diving lessons/squads 5 - 8pm						AquaFit 8.15 - 9pm		
<b>Tuesday</b>													Accessible swim 12 noon - 1pm				Fun session 2 - 3.30pm				Learn to swim 4 - 6pm	Squads 6 - 9pm								
<b>Wednesday</b>							AquaFit 9.30 - 10.15am				AquaFit 11.45am - 12.30pm				Fun session 2 - 3.30pm				Learn to swim 4 - 5pm	Diving lessons/squads 5 - 8pm						AquaFit 8.15 - 9pm				
<b>Thursday</b>							Adult lessons 9.30 - 10.30am				Accessible swim 11am - 12 noon				AquaFit 12.15 - 1pm				Fun session 2 - 3.30pm				Learn to swim 4 - 6pm	Diving squads/ lessons 6 - 7.45pm		Sub aqua 8 - 9pm				
<b>Friday</b>													AquaFit 12noon - 12.45pm				Fun session 2 - 3.30pm				Learn to swim 4 - 7pm							General diving 7.15 - 8pm		
<b>Saturday</b>							Learn to swim 8.30am - 1pm									Fun session 1.15 - 2.45pm				Party hire 3 - 4pm										
<b>Sunday</b>							Learn to swim 8.30 - 11am			Diving lessons/squads 11am - 1pm						Fun session 1.15 - 2.45pm				Diving lessons/squads 3 - 6pm										

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# Harrogate Leisure and Wellness Centre pool programme

## Summer Holidays - Monday 22nd July to Monday 2nd September 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			
<b>Monday</b> <small>*Bank Holiday Monday 26th August - pool open 7am-3.30pm</small>							Learn to swim 9 - 10am	General swim 10am - 1.45pm								Fun session 2 - 3.30pm					Learn to swim 4 - 6pm				General swim 6 - 7pm								
<b>Tuesday</b>							Learn to swim 9 - 10am	General swim 10am - 1.45pm								Fun session 2 - 3.30pm					Learn to swim 4 - 6pm				General swim 6 - 7pm								
<b>Wednesday</b>							Learn to swim 9 - 11.30am			General swim 11.30am - 1.45pm					Fun session 2 - 3.30pm					Learn to swim 4 - 6pm				General swim 6 - 7pm									
<b>Thursday</b>							Learn to swim 9 - 11am			General swim 11am - 1.45pm					Fun session 2 - 3.30pm					Learn to swim 4 - 6pm				General swim 6 - 7pm									
<b>Friday</b>							Learn to swim 9 - 11.15am			General swim 11.15am - 1.45pm					Fun session 2 - 3.30pm					Learn to swim 4 - 7pm					General swim 7 - 8pm								
<b>Saturday</b>							Learn to swim 8.30 - 11am				General swim 11.15am - 1pm				Fun session 1.15 - 2.45pm			Party hire 3 - 4pm															
<b>Sunday</b>						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															

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