

Main Pool Timetable



Monday

0700 - 0900 Early Adult Lane Swim
 0900 - 1100 Adult Width Swim
 1100 - 1200 Goodboost
 1100 - 1500 Public Swimming*
 1545 - 1815 Swimming Lessons
 1830 - 2000 Public Swimming
 2000 - 2200 Adult Lane Swimming

Friday

0700 - 0900 Early Adult Lane Swim
 0900 - 1500 Public Swimming *
 1445 - 1545 Goodboost
 1600 - 1700 Junior Development
 1700 - 2100 TYS Swim Squad

Tuesday

0700 - 0900 Early Adult Lane Swim
 0900 - 0945 Aquafit
 0945 - 1030 Aquafit
 1200 - 1330 Public Swimming
 1545 - 1815 Swimming Lessons
 1830 - 2000 Public Swimming
 2000 - 2045 Adult Lane Swimming
 2045 - 2200 Evolve Triathlon Training

Saturday

0700 - 0900 TYS Swim Squad
 0900 - 1200 Swimming Lessons
 1200 - 1500 Public Swimming
 1500 - 1600 Inflatable Fun Session
 1600 - 1700 Pool Party
 1730 - 1930 Evolve Triathlon Training

Wednesday

0700 - 0900 Early Adult Lane Swim
 0900 - 1000 Adult Lessons
 1000 - 1200 Adult Width Swim
 1000 - 1200 Goodboost
 1200 - 1330 Public Swimming
 1545 - 1645 Swimming Lessons
 1700 - 1830 TYS Swim Squad
 1830 - 1930 Stingray Swim Squad
 1940 - 2025 Aquafit
 2030 - 2200 Adult Lane Swimming

Sunday

0700 - 0800 Early Adult Lane Swim
 0800 - 1200 Public Swimming
 1200 - 1300 Volunteer & Family Swim
 1330 - 1600 Public Swimming
 1600 - 1800 TYS Swim Squad
 1800 - 1900 Lower Wharfe Canoe Club

Thursday

0700 - 0900 Early Adult Lane Swim
 0900 - 0945 Aquafit
 0945 - 1030 Aquafit
 1200 - 1400 Public Swimming
 1400 - 1530 Evolve Triathlon Training
 1415 - 1500 Goodboost
 1545 - 1815 Swimming Lessons
 1830 - 2000 Public Swimming
 2000 - 2045 Adult Lane Swimming
 2045 - 2200 Evolve Triathlon Training

-  Open to the public
no booking required
-  Open to the public
booking advised
-  private session
closed to the public



Scan the QR code
to book a session

*Multiple Lanes closed throughout the session.

t: 01937 833001

w: www.tadcasterpool.org.uk

e: info@tadcasterpool.org.uk

Valid 5th January – 29th March 2026 (excluding 16th February – 22nd 2026)

Charity No 1106148

Small Pool Timetable



Monday

1000 - 1200 Baby Lessons
1200 - 1330 Parent & Toddler
1330 - 1500 Aquatots Lessons
1545 - 1815 Swimming Lessons
1830 - 2000 Public Swimming

Tuesday

0900 - 1000 Morning Swim
1200 - 1330 Parent & Toddler
1545 - 1815 Swimming Lessons
1830 - 2000 Public Swimming

Wednesday

1000 - 1200 Aquatots Lessons
1200 - 1330 Parent & Toddler
1545 - 1815 Swimming Lessons
1830 - 1930 Additional Needs Swim

Thursday

0900 - 1000 Morning Swim
1200 - 1400 Parent & Toddler
1545 - 1815 Swimming Lessons
1830 - 2000 Public Swimming

Friday

0900 - 1230 Parent & Toddler
1230 - 1430 Baby Lessons
1545 - 1815 Swimming Lessons

Saturday

0900 - 1200 Swimming Lessons
1200 - 1500 Public Swimming
1500 - 1600 Inflatable Fun Session
1600 - 1700 Pool Party

Sunday

0800 - 1200 Public Swimming
1200 - 1300 Volunteer & Family Swim
1330 - 1600 Public Swimming

-  Open to the public
no booking required
-  Open to the public
booking advised
-  private session
closed to the public



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