

Main Pool Timetable



Monday

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

Tuesday

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

Wednesday

0700 - 0900 Early Adult Lane Swim
0900 - 1000 Adult Lessons
1000 - 1200 Adult Width Swim
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

Thursday

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

Friday

0700 - 0900 Early Adult Lane Swim
0900 - 1500 Public Swimming
(1300 - 1500 2 lanes will be closed)
1600 - 1700 Junior Development
1700 - 2100 TYS Swim Squad

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

Sunday

0700 - 0800 Early Adult Lane Swim
0800 - 1200 Public Swimming
1200 - 1300 Volunteer & Family Swim
1330 - 1600 Public Swimming
1600 - 1730 TYS Swim Squad
1730 - 1930 Lower Wharfe Canoe Club

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

Valid 4th September – 17th December 2023 (excluding 30th October – 5th November 2023)

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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 - 1400 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
1400 - 1530 **School Lessons**
1830 - 2000 Public Swimming

Friday

0900 - 1300 Parent & Toddler
1300 - 1500 **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
1730 - 1930 **Lower Wharfe Canoe Club**

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

Valid 4th September – 17th December 2023 (excluding 30th October – 5th November 2023)

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