

# Main Pool Time Table



## Monday

0700 - 0900 Early 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 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 Lane Swim  
**0900 - 1000 Adult Lessons**  
1000 - 1200 Adult Width Swim  
1200 - 1400 Public Swimming  
**1545 - 1645 Swimming Lessons**  
**1700 - 1830 TYS Swim Squad**  
**1830 - 1930 Stingray Swim Squad**  
**1930 - 2015 Aquafit**  
2030 - 2200 Adult Lane Swimming

## Thursday

0700 - 0900 Early 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 Lane Swim  
0900 - 1500 Public Swimming  
(1300 - 1500 2 lanes will be closed)  
**1600 - 1700 Junior Development**  
**1830 - 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 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

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Charity No: 1106148

# Small Pool Time Table



## Monday

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

## Tuesday

**0900 - 1030 Morning Swim**  
**1030 - 1200 School Lessons**  
1200 - 1400 Parent & Toddler  
**1545 - 1815 Swimming Lessons**  
1830 - 2000 Public Swimming

## Wednesday

**1000 - 1200 Aquatots Lessons**  
1200 - 1400 Parent & Toddler  
**1400 - 1500 School Lessons**  
**1545 - 1815 Swimming Lessons**  
1830 - 1930 Additional Needs Swim

## Thursday

**0900 - 1030 Morning Swim**  
**1030 - 1200 School Lessons**  
1200 - 1400 Parent & Toddler  
**1400 - 1530 School Lessons**  
**1545 - 1815 Swimming Lessons**  
1830 - 2000 Public Swimming

## Friday




0900 - 1300 Parent & Toddler  
**1300 - 1500 Aquatots 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

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