



SWIM TIMETABLES

Term Time Programme

	MAIN POOL	TEACHING POOL
MONDAY	6.15 - 9.00 Lane Swim	9.00 - 11.00 General Swim
	9.00 - 11.30 General Swim	11.00 - 11.30 Aqua Babes
	11.30 - 12.00 Lane Swim 50+	11.30 - 12.00 Aqua Tots
	12.00 - 1.00 Lane Swim	12.00 - 1.00 Hydro Dance
	1.00 - 3.00 Schools	1.00 - 3.00 Schools
	4.00 - 7.30 General Swim	3.00 - 3.45 Rehab Swim
	4.00 - 7.30 Learn 2 Swim	4.00 - 7.30 Learn 2 Swim
	7.30 - 9.45 Swimming Clubs	7.30 - 8.30 Adult Beginners
	8.30 - 9.15 Hydro Jog	

TUESDAY	6.15 - 9.00 Lane Swim	9.00 - 10.30 General Swim
	9.00 - 11.00 General Swim	10.30 - 11.30 Hydro Aerobics
	11.00 - 12.00 Ladies Only Swim	11.30 - 12.15 Hydro Jog
	12.00 - 1.00 Lane Swim	12.15 - 1.00 Rehab Swim
	1.00 - 3.00 Schools	1.00 - 3.00 Tots Learn 2 Swim
	3.00 - 7.30 General Swim	3.00 - 4.00 General Swim
	4.00 - 7.30 Learn 2 Swim	4.00 - 7.30 Learn 2 Swim
	7.30 - 8.30 Adult Lessons B, I, A	
8.30 - 9.30 Lane Swim		

WEDNESDAY	6.00 - 7.30 Swimming Clubs	9.00 - 11.30 Schools
	6.15 - 9.00 Lane Swim	11.30 - 12.00 Tots Learn 2 Swim
	9.00 - 11.30 Schools	12.00 - 1.00 S C A D
	11.30 - 12.00 Lane Swim 50+	1.00 - 1.30 Aqua Babes
	12.00 - 1.00 Lane Swim	1.30 - 2.00 Aqua Tots
	1.00 - 6.00 General Swim	2.00 - 4.00 General Swim
	4.00 - 6.00 Learn 2 Swim	4.00 - 7.00 Learn 2 Swim
	6.00 - 8.00 Swimming Clubs	7.00 - 8.00 Mini Polo
8.00 - 9.30 Lane Swim	8.00 - 8.45 Hydro Fit	

THURSDAY	6.15 - 9.00 Lane Swim	9.00 - 12.00 General Swim
	9.00 - 12.00 General Swim	12.00 - 1.00 Rehab Swim
	12.00 - 1.00 Lane Swim	1.00 - 3.00 Schools
	1.00 - 3.00 Schools	3.00 - 4.00 General Swim
	3.00 - 7.00 General Swim	4.00 - 7.30 Learn 2 Swim
	4.00 - 7.00 Learn 2 Swim	
	7.00 - 8.30 Swimming Clubs	
	8.30 - 9.30 Lane Swim	
	Craven Energy	

FRIDAY	6.00 - 7.30 Swimming Clubs	9.00 - 11.30 Schools
	6.15 - 9.00 Lane Swim	11.30 - 12.00 Tots Learn 2 Swim
	9.00 - 11.30 Schools	12.00 - 1.00 Hydro Aerobics
	11.30 - 12.00 Lane Swim 50+	1.00 - 4.00 General Swim
	12.00 - 1.00 Lane Swim	4.00 - 7.00 Learn 2 Swim
	1.00 - 8.00 General Swim	7.15 - 8.15 Hydro Jog
	4.00 - 7.00 Learn 2 Swim	8.00 - 8.45 Hydro Hiit
	7.00 - 8.00 Rookie Lifesaving	
8.00 - 9.30 Lane Swim		

SATURDAY	8.00 - 10.00 Craven Energy	9.00 - 12.00 Learn 2 Swim
	10.00 - 1.00 General Swim	12.00 - 1.00 General Swim
	10.00 - 12.00 Learn 2 Swim	1.00 - 2.00 General Swim
	1.00 - 2.00 Inflatable Session	2.00 - 3.00 General Swim
	2.00 - 3.00 Inflatable Session	3.00 - 4.00 Party Hire
	3.00 - 4.00 General Swim	
	4.00 - 6.00 Swimming Clubs	
	6.00 - 8.00 Party Hire	

SUNDAY	8.15 - 9.00 Lane Swim	9.00 - 4.00 General Swim
	9.00 - 4.00 General Swim	
	3.30 - 5.30 Swimming Clubs	
	4.00 - 5.30 Lane Swim	

Holiday Programme

	MAIN POOL	TEACHING POOL
MONDAY	6.15 - 9.00 Lane Swim	9.00 - 12.00 General Swim
	9.00 - 11.30 General Swim	12.00 - 1.00 Hydro Dance
	11.30 - 12.00 Lane Swim 50+	1.00 - 4.00 General Swim
	12.00 - 1.00 Lane Swim	4.00 - 7.30 Learn 2 Swim
	1.00 - 7.30 General Swim	7.30 - 8.30 Adult Beginners
	4.00 - 7.30 Learn 2 Swim	8.30 - 9.15 Hydro Jog
	7.30 - 9.45 Swimming Clubs	

TUESDAY	6.15 - 9.00 Lane Swim	9.00 - 10.30 General Swim
	9.00 - 12.00 General Swim	10.30 - 11.30 Hydro Aerobics
	12.00 - 1.00 Lane Swim	11.30 - 12.15 Hydro Jog
	1.00 - 2.00 Inflatable Session	12.15 - 1.00 Rehab Swim
	2.00 - 3.00 Inflatable Session	1.00 - 2.00 General Swim
	3.00 - 7.30 General Swim	2.00 - 3.00 General Swim
	4.00 - 7.30 Learn 2 Swim	3.00 - 4.00 General Swim
	7.30 - 8.30 Adult Lessons B, I, A	4.00 - 7.30 Learn 2 Swim
8.30 - 9.30 Lane Swim		

WEDNESDAY	6.00 - 7.30 Swimming Clubs	9.00 - 12.00 General Swim
	6.15 - 9.00 Lane Swim	12.00 - 1.00 S C A D
	9.00 - 11.30 General Swim	1.00 - 4.00 General Swim
	11.30 - 12.00 Lane Swim 50+	4.00 - 7.00 Learn 2 Swim
	12.00 - 1.00 Lane Swim	7.00 - 8.00 Mini Polo
	1.00 - 6.00 General Swim	8.00 - 8.45 Hydro Fit
	4.00 - 6.00 Learn 2 Swim	
	6.00 - 8.00 Swimming Clubs	
8.00 - 9.30 Lane Swim		

THURSDAY	6.15 - 9.00 Lane Swim	9.00 - 12.00 General Swim
	9.00 - 12.00 General Swim	12.00 - 1.00 Rehab Swim
	12.00 - 1.00 Lane Swim	1.00 - 2.00 General Swim
	1.00 - 2.00 Inflatable Session	2.00 - 3.00 General Swim
	2.00 - 3.00 Inflatable Session	3.00 - 4.00 General Swim
	3.00 - 7.00 General Swim	4.00 - 7.30 Learn 2 Swim
	4.00 - 7.00 Learn 2 Swim	
	7.00 - 8.30 Swimming Clubs	
8.30 - 9.30 Lane Swim		
	Craven Energy	

FRIDAY	6.00 - 7.30 Swimming Clubs	9.00 - 12.00 General Swim
	6.15 - 9.00 Lane Swim	12.00 - 1.00 Hydro Aerobics
	9.00 - 11.30 General Swim	1.00 - 4.00 General Swim
	11.30 - 12.00 Lane Swim 50+	4.00 - 7.00 Learn 2 Swim
	12.00 - 1.00 Lane Swim	7.15 - 8.00 Hydro Jog
	1.00 - 8.00 General Swim	8.00 - 8.45 Hydro Hiit
	4.00 - 7.00 Learn 2 Swim	
	7.00 - 8.00 Rookie Lifesaving	
8.00 - 9.30 Lane Swim		

SATURDAY	8.00 - 10.00 Craven Energy	9.00 - 12.00 Learn 2 Swim
	10.00 - 1.00 General Swim	12.00 - 1.00 General Swim
	10.00 - 12.00 Learn 2 Swim	1.00 - 2.00 General Swim
	1.00 - 2.00 Inflatable Session	2.00 - 3.00 General Swim
	2.00 - 3.00 Inflatable Session	3.00 - 4.00 Party Hire
	3.00 - 4.00 General Swim	
	4.00 - 6.00 Swimming Clubs	
	6.00 - 8.00 Private Hire	

SUNDAY	8.15 - 9.00 Lane Swim	9.00 - 4.00 General Swim
	9.00 - 4.00 General Swim	
	3.30 - 5.30 Swimming Clubs	
	4.00 - 5.30 Lane Swim	

Notes

- Public Session
- Learn To Swim
- Private Hire

Lane ropes are not put into the pool during general swim sessions, however the pool reserves the right to section off the pool for private lessons during any session and 1 or 2 lanes are generally used when lessons are taking place. During bank holidays we are generally open from 9.30am until 4.30pm for general swimming only. We do not have any lane swims during this period.

Call 01756 792805 or visit
www.cravenc.gov.uk/
 cravenswimmingpoolandfitnesscentre



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