

MAIN POOL

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

06:00			Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes		Lane Swim (from 6am) + Club Hire (SSC) 05:45 - 07:30 Single Lanes	
06:30						
07:00	Lane Swim 06:00 - 09:00	Lane Swim 06:00 - 09:00		Lane Swim 0600 - 09:00		
07:30						
08:00			Lane Swim 07:30 - 08.45		Lane Swim 07:30 - 09:00	
08:30						Lane Swim 08:00 - 09:00
09:00						
09:30	Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55		Over 60's 09:10 - 09:55	Over 60's 09:10 - 09:55	SENsory Friendly Swim 09:00 - 10:00
10:00			Schools 09:00 - 11:30			
10:30	General Swim 10:00 - 11:25	Ladies Only Swim 10:00 - 11:15		General Swim 10:00 - 11:25	General Swim 10:00 - 11:25	
11:00						General Swim 10:15 - 12:00
11:30						
12:00	Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00		Lane Swim 11:30 - 13:00	Lane Swim 11:30 - 13:00	
12:30			Lane Swim 12:00 - 13:30			
13:00						
13:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00	Schools 13:30 - 14:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00	General Swim 12.30 - 14.30
14:00						General Swim 12.30 - 14.45
14:30						
15:00						
15:30			General Swim 15:00 - 17:00 (Reduced Capacity)			Private Hire 15:00 - 16:00
16:00	General Swim 15:30 - 17:30 (Reduced Capacity)	General Swim 15:30 - 18:00 (Reduced Capacity)		General Swim 15:30 - 17:30 (Reduced Capacity)	General Swim 15:30 - 17:30 (Reduced Capacity)	Lane Swim & Skipton Swim Club 15:00 - 17:00 Single Lanes
16:30						
17:00						
17:30			Lane Swim 17:15 - 19:00 Single Lanes			
18:00	Lane Swim 17:45 - 19:30 Single Lanes			Lane Swim 17:45 - 18:45 Single Lanes	Lane Swim 17:45 - 19:30 Single Lanes	
18:30		CLOSED				
19:00				CLOSED		
19:30			Club Hire (SSC) 19:00 - 21:00		Full Pool Wider Lanes	
20:00	Club Hire (SSC) 19:30 - 21:30	Lane Swim 19:30 - 21.45 Craven Energy 2 lanes 19.30 - 20.30		Club Hire (SSC) 19:30 - 21:00		
20:30						
21:00	Skipton Swim Club & Craven Energy 21:00 - 21.45		Lane Swim 21:00 - 21:45	Lane Swim & Craven Energy 21:00 - 21:45	Under Water Hockey 20.30-21.30	
21:30						

PRICING

Adult General Swim	£5.50	Adult Lane Swim	£5.50	Adult Gym Workout	£7.50
Junior General Swim (5-15)	£3.15	Junior Lane Swim (12+)	£3.15	Junior Gym Workout (14-17)	£5.30
Concession General Swim	£3.35	Concession Lane Swim	£3.35	Concession Gym Workout	£5.50
Family Swim	£15.70				

SMALL POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00			Hydro Jog 08.00 - 08.45 (Term Time Only)				
09:00							
09:30	Hydro Jog 09.15 - 10.00am	Swimazing Ducklings		Swimazing Ducklings			SENsory Friendly Swim 09:00 - 10:00
10:00							
10:30	General Swim 10:00 - 11:25	Mums and Babies 10.05 - 10.35	Schools 09.00 - 11.45	Aqua Babies 10.05 - 10.35	General Swim 10:00 - 11:25	Swimazing Learn to Swim Program	
11:00		Mums and Tots 10.40 - 11.10		Aqua Tots 10.40 - 11.10			General Swim 10:15 - 12:00
11:30		Swimazing Ducklings		Swimazing Ducklings		General Swim 11:00 - 12:00	
12:00							
12:30	Aqua Aerobics 12:15 - 13:00	Access Swim 12:00 - 12:45	Aqua Aerobics 12:05 - 12:45	Access Swim 12:00 - 12:45	Aqua Aerobics 12:15 - 13:00		
13:00							
13:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00	Schools 13:30 - 14:30	Schools 13:00 - 15:00	Schools 13:00 - 15:00	General Swim 12:30 - 14:30	General Swim 12.30 - 14.45
14:00							
14:30							
15:00							
15:30							Private Hire 15:00 - 16:00
16:00							
16:30							
17:00							
17:30	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program	Swimazing Learn to Swim Program		
18:00							
18:30							
19:00							
19:30							
20:00	Adult Leisure Swim 19.45 - 20:45		Aqua Aerobics 19.45 - 20:30	Adult Leisure Swim 19.45 - 20:45	Underwater Hockey		
20:30							
21:00							

HEALTH SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 - 13:00	06:00 - 13:00 (Ladies Only 10:00 - 11:15)	06:00 - 09:00 12:00 - 13:30	06:00 - 13:00	06:00 - 13:00	08:00 - 14:30	08:00 - 17:00
15:00 - 21:30	15:00 - 21:30	15:00 - 21:30	15:00 - 21:30	15:00 - 21:30		

FITNESS SUITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:15 - 21:30	06:15 - 21:30	06:15 - 21:30	06:15 - 21:30	06:15 - 21:30	08:15 - 16:00	08:15 - 16:00

REVIVE CAFE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 16:00	09:00 - 16:00