

MAIN POOL TIMETABLE (2 January – 12 April 2020)

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
MONDAY	1	Open swimming session Members and public 07:00–18:00																										1						
	2	Members only 06:00–07:00																										2						
	3	UYSWC 07:00–08:30																										3						
	4	Aqua 08:35 – 09:30																										4						
	5	York Triathlon 06:00–08:00																										5						
	6	Swimming lessons 13:00–15:00																										6						
	7	Swimming lessons 16:00–19:30																										7						
	8	Members and public Lane swimming 18:00–19:30																										8						
		Open swimming session Members and public 19:30–21:00																										Pool closed						
		Octopush 21:00–22:00																										MONDAY						
TUESDAY	1	Open swimming session Members and public 07:00–16:00																										1						
	2	Members only 06:00–07:00																										2						
	3	Staff training																										3						
	4	Swimming lessons 13:00–15:00																										4						
	5	Swimming lessons 16:00–18:00																										5						
	6	TYS Swim squad 16:00–18:00																										6						
	7	Open swimming Members and public 18:00–20:00																										7						
	8	UYSWC Water polo 19:00–21:00																										8						
		York triathlon 20:00–21:00																										Pool closed						
		Octopush 21:00–22:00																										TUESDAY						
WEDNESDAY	1	Open swimming session Members and public 07:00–12:45																										1						
	2	Members only 06:00–07:00																										2						
	3	UYSWC Water polo 12:45–14:15																										3						
	4	Open swimming session Members and public 14:30–22:00																										4						
	5	UYSWC 07:00–08:30																										5						
	6	Aqua 08:45 – 09:30																										6						
	7	UYSWC 14:30–16:00																										7						
	8	Swimming lessons 16:00–19:00																										8						
		Junior tri 19:00–20:00																										Pool closed						
		Adult L2S 19:00–20:30																										WEDNESDAY						
THURSDAY	1	Open swimming session Members and public 07:00–20:00																										1						
	2	Members only 06:00–07:00																										2						
	3	YUSU TRI 07:00–08:30																										3						
	4	Swimming lessons 13:00–15:00																										4						
	5	Swimming lessons 16:00–18:15																										5						
	6	TYS Swim squad 18:15–19:45																										6						
	7	Members and public Lane swimming 20:00–22:00																										7						
	8	Pool closed																										8						
		THURSDAY																																
FRIDAY	1	Open swimming session Members and public 07:00–19:00																										1						
	2	Members only 06:00–07:00																										2						
	3	UYSWC 07:00–08:30																										3						
	4	Aqua 08:40 – 09:25																										4						
	5	Swimming lessons 13:00–15:00																										5						
	6	Swimming lessons 16:00–19:30																										6						
	7	Members only 19:00–21:00																										7						
	8	UYSWC 19:00–21:00																										8						
		York triathlon 19:30–21:00																										Pool closed						
		FRIDAY																																
SATURDAY	1	Open swimming session Members and public 08:30–17:30																										1						
	2	Members only 07:00–08:30																										2						
	3	Pool closed																										3						
	4	Swimming lessons 08:30–12:15																										4						
	5	UYSWC 07:00–08:30																										5						
	6	Parties 16:00–17:00																										6						
	7	UYSWC Water polo 17:30–19:00																										7						
	8	Open swimming session Members and public 19:00–20:30																										8						
		SATURDAY																																
SUNDAY	1	Open swimming session Members and public 08:30–20:30																										1						
	2	Members only 07:00–08:30																										2						
	3	Pool closed																										3						
	4	UYSWC 07:00–08:30																										4						
	5	Parties 16:00–17:00																										5						
	6	Pool closed																										6						
	7	Pool closed																										7						
	8	Pool closed																										8						
		SUNDAY																																

SMALL POOL TIMETABLE (2 January – 12 April 2020)

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00
MON	1	Pool closed						Swimming lessons 09:00–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed			Open swimming Members and public 21:00–22:00					
	2	Pool closed						Swimming lessons 09:00–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed			Open swimming Members and public 20:00–22:00					
	3	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–12:45			Pool closed 12:45–14:30			Open swimming Members and public 14:30–16:00			Swimming lessons 16:00–20:00			Pool closed								
TUE	1	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed			Open swimming Members and public 20:00–22:00					
	2	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Open swimming Members and public 19:00–20:00			Pool closed					
	3	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Open swimming Members and public 19:00–20:00			Pool closed					
WED	1	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed								
	2	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed								
	3	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed								
THU	1	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Open swimming Members and public 19:00–20:00			Pool closed					
	2	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed								
	3	Pool closed						Swimming lessons 09:30–12:00						Open swimming Members and public 09:00–13:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed								
FRI	1	Pool closed						Open swimming Members and public 09:00–13:00			Swimming lessons 10:00–12:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed											
	2	Pool closed						Open swimming Members and public 09:00–13:00			Swimming lessons 10:00–12:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed											
	3	Pool closed						Open swimming Members and public 09:00–13:00			Swimming lessons 10:00–12:00			Swimming lessons 13:00–15:00			Open swimming Members and public 15:00–16:00			Swimming lessons 16:00–19:10			Pool closed											
SAT	1	Pool closed						Swimming lessons 08:30–12:10						Open swimming Members and public 12:10–16:00						Parties 16:00–17:00			Pool closed			Open swimming Members and public 18:00–19:00			Pool closed					
	2	Pool closed						Swimming lessons 08:30–12:10						Open swimming Members and public 12:10–16:00						Parties 16:00–17:00			Pool closed			Open swimming Members and public 18:00–19:00			Pool closed					
	3	Pool closed						Swimming lessons 08:30–12:10						Open swimming Members and public 12:10–16:00						Parties 16:00–17:00			Pool closed			Open swimming Members and public 18:00–19:00			Pool closed					
SUN	1	Pool closed						Open swimming Members and public 09:00–16:00						Parties 16:00–17:00						Pool closed														
	2	Pool closed						Open swimming Members and public 09:00–16:00						Parties 16:00–17:00						Pool closed														
	3	Pool closed						Open swimming Members and public 09:00–16:00						Parties 16:00–17:00						Pool closed														

Pool Information

Eight-lane 25m main pool has a depth of 1.2m through to 2m.
Temperature around 29°C.

18m small pool has a depth of 0.8m through to 1.2m.
Temperature around 30°C.

All users must abide by Pool Rules as displayed in changing areas.

*Times and sessions are subject to change due to University and local school term dates, please check the York Sport website for up-to-date programmes.

Please enquire at reception for information regarding bank holiday opening hours, or visit york-sport.com for timetable changes.

Swimming with children?
Adult to child ratio:



1 adult and 1 child 3 years or under



1 adult and 2 children aged 4-7 years



8+ years

Term dates – 2019/20

6 January 2020 – 13 March 2020

14 April 2020 – 19 June 2020

28 September 2020 – 4 December 2020

For changes to the timetables please visit
www.york-sport.com/timechanges



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