

MAIN POOL TIMETABLE (2nd January - 12th April 2019)

	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 Members and Public 07:00-22:00																								Pool Closed	MONDAY				
	2	Members Only 06:00-07:00																															
	3																																
	4																																
	5																																
	6	UYSWC 06:00-08:00																															
	7	York Triathlon 06:00-08:00																															
	8																																
TUESDAY	1			Open Swimming Members and Public 07:00-22:00																								Pool Closed	TUESDAY				
	2	Members Only 06:00-07:00																															
	3																																
	4																																
	5																																
	6																																
	7	Staff Training																															
	8																																
WEDNESDAY	1			Open Swimming Members and Public 07:00-12:45																								Pool Closed	WEDNESDAY				
	2	Members Only 06:00-07:00																															
	3																																
	4																																
	5																																
	6	UYSWC 06:00-08:00																															
	7	York Triathlon 06:00-08:00																															
	8																																
THURSDAY	1			Open Swimming Members and Public 07:00-22:00																								Pool Closed	THURSDAY				
	2	Members Only 06:00-07:00																															
	3																																
	4																																
	5																																
	6																																
	7	YUSU TRI 06:00-08:00																															
	8																																
FRIDAY	1			Open Swimming Members and Public 07:00-22:00																								Pool Closed	FRIDAY				
	2	Members Only 06:00-07:00																															
	3																																
	4																																
	5																																
	6	UYSWC 06:00-08:00																															
	7	York Triathlon 06:00-08:00																															
	8																																
SATURDAY	1			Open Swimming Session Members and Public 08:30-17:30																								Pool Closed	SATURDAY				
	2	Members Only 07:00-08:30																															
	3	Pool Closed																															
	4																																
	5																																
	6	UYSWC 07:00-08:30																															
	7																																
	8																																
SUNDAY	1			Open Swimming Session Members and Public 08:30-20:30																								Pool Closed	SUNDAY				
	2	Members Only 07:00-08:30																															
	3	Pool Closed																															
	4																																
	5																																
	6																																
	7	UYSWC 07:00-08:30																															
	8																																

SMALL POOL TIMETABLE (2nd January - 12th April 2019)

		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						Open Swimming Members and Public 09:00-13:00			Swimming Lessons 10:30-12:30			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 09:00-11:30			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 09:00-12:00			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						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			Open Swimming Members and Public 19:00-20:00			Pool Closed								
	2	Pool Closed						Swimming Lessons 09:00-12:00			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											
	3	Pool Closed						Swimming Lessons 09:00-12:00			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											
WED	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			Open Swimming Members and Public 19:00-20:00			Pool Closed								
	2	Pool Closed						Swimming Lessons 09:00-12:00			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											
	3	Pool Closed						Swimming Lessons 09:00-12:00			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											
THU	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			Open Swimming Members and Public 19:00-20:00			Pool Closed								
	2	Pool Closed						Swimming Lessons 09:00-12:00			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											
	3	Pool Closed						Swimming Lessons 09:00-12:00			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											
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						Swimming Lessons 09:00-12:00			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											
	3	Pool Closed						Swimming Lessons 09:00-12:00			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											
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.

***Sessions will change during School and University term times.**

*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

7 January 2019 – 15 March 2019

15 April 2019 – 21 June 2019

30 September 2019 – 6 December 2019

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