

MAIN POOL TIMETABLE (19 April - 23 June 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	Members Only 06:00-07:00		Open Swimming Members and Public 07:00-21:00																								Pool Closed	MONDAY					
	2																																	
	3																																	
	4																																	
	5																																	
	6			UYSWC 07:00-08:30		Aqua 09:00-10:00												Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-19:30				Tadcaster SC 19:30-21:00				Octopush 21:00-22:00				
	7																																	
	8	York Triathlon 06:00-08:00																																
TUESDAY	1	Members Only 06:00-07:00		Open Swimming Members and Public 07:00-20:00																								Pool Closed	TUESDAY					
	2																																	
	3																																	
	4																																	
	5																																	
	6															Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-18:00				UYSWC Water Polo 19:00-21:00						York Triathlon 20:00-21:00		Octopush 21:00-22:00		
	7			Staff Training 07:00-08:00																														
	8																																	
WEDNESDAY	1	Members Only 06:00-07:00		Open Swimming Members and Public 07:00-12:45																								Pool Closed	WEDNESDAY					
	2																																	
	3																																	
	4																																	
	5																																	
	6			UYSWC 07:00-08:30		Aqua 08:45-09:30		UYSWC Water Polo 12:45-14:15				Open Swimming Members and Public 14:30-22:00																						
	7											UYSWC 14:30-16:00				Swimming Lessons 16:00-19:00								Adult L2S 19:00-20:30										
	8	York Triathlon 06:00-08:00																																
THURSDAY	1	Members Only 06:00-07:00		Open Swimming Members and Public 07:00-22:00																								Pool Closed	THURSDAY					
	2																																	
	3																																	
	4																																	
	5																																	
	6			YUSU TRI 07:00-08:30												Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-18:15				Tadcaster SC 18:15-19:45						UYSWC 20:00-22:00				
	7																																	
	8																																	
FRIDAY	1	Members Only 06:00-07:00		Open Swimming Members and Public 07:00-21:00																								Pool Closed	FRIDAY					
	2																																	
	3																																	
	4																																	
	5																																	
	6			UYSWC 07:00-08:30		Aqua 09:15-10:00												Swimming Lessons 13:00-15:00				Swimming Lessons 16:00-19:30				York Triathlon 19:30-21:00								
	7																																	
	8	York Triathlon 06:00-08:00																																
SATURDAY	1			Members Only 07:00-08:30		Open Swimming Members and Public 08:30-17:30																								Pool Closed	SATURDAY			
	2																																	
	3	Pool Closed																																
	4																																	
	5																																	
	6			UYSWC 07:00-08:30		Swimming Lessons 08:30-12:15																												
	7																			Parties 16:00-17:00				UYSWC Water Polo 17:30-19:00				Open Swimming Members and Public 19:00-20:30						
	8																																	
SUNDAY	1			Members Only 07:00-08:30		Open Swimming Members and Public 08:30-20:30																								Pool Closed	SUNDAY			
	2																																	
	3	Pool Closed																																
	4																																	
	5																																	
	6			UYSWC 07:00-08:30																														
	7																																	
	8																			Parties 16:00-17:00														

SMALL POOL TIMETABLE (19 April - 23 June 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						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 09:00-11:30			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								
TUE	1	Pool Closed						Swimming Lessons 09:00-12:00			Open Swimming Members and Public 09:00-12:45			Pool Closed			Open Swimming Members and Public 14:30-16:00			Swimming Lessons 16:00-20:00			Pool Closed			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			Open Swimming Members and Public 19:10-20:00			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 19:10-20:00			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			Pool Closed			Pool Closed								
	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			Pool Closed								
	3	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			Pool Closed								
THU	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			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			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			Pool Closed								
FRI	1	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
	2	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
	3	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
SAT	1	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
	2	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
	3	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
SUN	1	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
	2	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			Pool Closed								
	3	Pool Closed						Open Swimming Members and Public 09:00-16:00			Parties 16:00-17:00			Pool Closed			Pool Closed			Pool Closed			Pool Closed			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.**

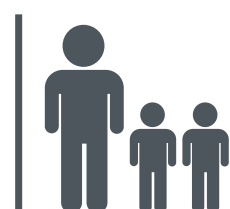
*Times and sessions are subject to change due to University and local school term dates, please check the York Sport website for up-to-date programmes.

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

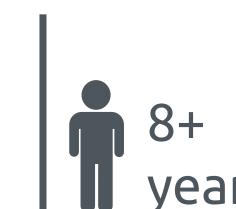
Swimming with children?
Adult to child ratio:



1 adult and 1 child 3 years or under



1 adult and 2 children aged 4-7 years



8+ years

Term dates – 2019/20

15 April 2019 – 21 June 2019

30 September 2019 – 6 December 2019

6 January 2020 – 13 March 2020

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



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