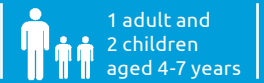


TRAINING POOL TIMETABLE



	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
MON	1 2 3	CLOSED		Open Swimming (Members and Public) 09:00-13:30			Swimming Lessons 10:30-12:30			School Swimming* 13:30-15:00			Open Swimming (Members and Public) 15:00-16:00			Swimming Lessons 16:00-19:10			CLOSED			Members Only* 21:00-22:00			1 2 3	MON			
TUE	1 2 3	CLOSED		Swimming Lessons 09:00-11:30			Open Swimming (Members and Public) 09:00-13:30			School Swimming* 13:30-14:30			Open Swimming (Members and Public) 14:30-16:00			Swimming Lessons 16:00-19:10			CLOSED		Members Only* 20:00-22:00			1 2 3	TUE				
WED	1 2 3	CLOSED		Open Swimming (Members and Public) 09:00-13:00			Swimming Lessons 10:00-12:00			Staff Training 13:00-14:30			Open Swimming (Members and Public) 14:30-16:00			Swimming Lessons 16:00-20:00			CLOSED			1 2 3	WED						
THU	1 2 3	CLOSED		School Swimming* 09:00-10:00			Swimming Lessons 10:00-12:00			Open Swimming (Members and Public) 10:00-13:30			School Swimming* 13:30-15:00			Open Swimming (Members and Public) 15:00-16:00			Swimming Lessons 16:00-19:10			Members Only* 19:10-20:00		CLOSED		1 2 3	THU		
FRI	1 2 3	CLOSED		Open Swimming (Members and Public) 09:00-13:00			Swimming Lessons 10:00-12:00			School Swimming* 13:00-15:00			Open Swimming (Members and Public) 15:00-16:00			Swimming Lessons 16:00-19:10			CLOSED			1 2 3	FRI						
SAT	1 2 3	CLOSED		Swimming Lessons 08:30-12:10			Open Swimming (Members and Public) 12:10-16:00			Birthday Pool Hire 16:00-17:00			CLOSED		Members Only* 18:00-19:00		CLOSED			1 2 3	SAT								
SUN	1 2 3	CLOSED		Open Swimming (Members and Public) 09:00-16:00			Birthday Pool Hire 16:00-17:00			CLOSED			CLOSED			1 2 3	SUN												



York Sport
Inspiring activity

TIMETABLE



Pool Opening Times

Monday to Thursday 06:00 - 22:00
 Friday 06:00 - 21:30
 Weekends 07:00 - 20:30

Please be aware bank holiday and Christmas opening times will differ (please contact us for more information).



York Sport
Inspiring activity

York Sport Village
Lakeside Way
York YO10 5FG
01904 325751

[facebook.com/YorkSport](https://www.facebook.com/YorkSport)
[@yorksport1](https://twitter.com/yorksport1)

info@york-sport.com
www.york-sport.com

MAIN POOL TIMETABLE

Swimming regularly? Ask us about membership and offers.
We will provide lane swimming in open sessions where possible.

Term dates - 2015 / 2016

28 September 2015 – 4 December 2015

4 January 2016 – 11 March 2016

11 April 2016 – 17 June 2016

*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.

		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 Session (Members and Public) 07:00-13:00																								Members Only 20:00-21:00		Octopush* 21:00-22:00		CLOSED	MONDAY	
	2																																	
	3																																	
	4																																	
	5	York Triathlon 06:00-08:00		Aqua 09:30-10:30		Schools* 13:30-15:00		Swimming Lessons 16:00-19:30				Aqua 19:30-20:30																						
	6																																	
	7																																	
	8																																	
TUESDAY	1	Members Only 06:00-07:00		Open Swimming Session (Members and Public) 07:00-20:00																								Members Only 20:00-21:00		Octopush* 21:00-22:00		CLOSED	TUESDAY	
	2																																	
	3																																	
	4																																	
	5	Aqua 11:45-12:30		Schools* 13:30-15:00		Swimming Lessons 16:00-18:00				UYSWC* 18:00-20:00				York Triathlon 20:00-21:00																				
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	7																																	
	8																																	
WEDNESDAY	1	Members Only 06:00-07:00		Open Swimming Session (Members and Public) 07:00-13:00																								Members Only 21:00-22:00		CLOSED	WEDNESDAY			
	2																																	
	3																																	
	4																																	
	5	York Triathlon 06:00-08:00		UYSWC - Water Polo 13:00-14:30 or Staff Training				Open Swimming Session (Members and Public) 14:30-21:00				Staff training 17:00-18:00		Swimming Lessons 16:00-19:00				Adult LS2 19:00-21:00																
	6																																	
	7																																	
	8																																	
THURSDAY	1	Members Only 06:00-07:00		Open Swimming Session (Members and Public) 07:00-21:00																								Members Only 21:00-22:00		CLOSED	THURSDAY			
	2																																	
	3																																	
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	5	YUSU Triathlon* 06:00-08:00		Schools* 13:30-15:00				Swimming Lessons 16:00-18:15				UYSWC* 18:15-20:15				YCBC Swimming 18:30-20:00																		
	6																																	
	7																																	
	8																																	
FRIDAY	1	Members Only 06:00-07:00		Open Swimming Session (Members and Public) 07:00-21:00																								Members Only 21:00-21:30		CLOSED	FRIDAY			
	2																																	
	3																																	
	4																																	
	5	York Triathlon 06:00-08:00		Aqua 9:15-10:00		Schools* 13:30-15:00		Swimming Lessons 16:00-19:30				York Triathlon 19:30-21:00																						
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	7																																	
	8																																	
SATURDAY	1	Members Only 07:00-08:30		Open Swimming Session (Members and Public) 08:30-18:00																								Members Only 19:00-20:30		CLOSED	SATURDAY			
	2																																	
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	4																																	
	5	UYSWC* - Water Polo 07:00-08:30		Swimming Lessons 08:30-12:30				Birthday Pool Hire 16:00-17:00				UYSWC - Water Polo 17:30-19:00																						
	6																																	
	7																																	
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SUNDAY	1	Members Only 07:00-08:30		Open Swimming Session (Members and Public) 08:30-19:00																								Members Only 19:00-20:30		CLOSED	SUNDAY			
	2																																	
	3																																	
	4																																	
	5	YUSU* Triathlon 07:00-08:30		Birthday Pool Hire 16:00-17:00																														
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