### MAIN POOL TIMETABLE (2 January – 8 April 2018)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>06:00</td>
<td>Members Only</td>
</tr>
<tr>
<td>06:30</td>
<td>Open Swimming Session (Members and Public)</td>
</tr>
<tr>
<td>07:00</td>
<td>UYSWC* - Water Polo</td>
</tr>
<tr>
<td>07:30</td>
<td>or Staff Training</td>
</tr>
<tr>
<td>08:00</td>
<td>Aqua</td>
</tr>
<tr>
<td>08:30</td>
<td>UYSWC* - Swimming</td>
</tr>
<tr>
<td>09:00</td>
<td>Swimming Lessons</td>
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<tr>
<td>09:30</td>
<td>York Triathlon</td>
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<tr>
<td>10:00</td>
<td>Members Only</td>
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<tr>
<td>10:30</td>
<td>Open Swimming Session (Members and Public)</td>
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<tr>
<td>11:00</td>
<td>UYSWC* - Swimming</td>
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<tr>
<td>11:30</td>
<td>or Staff Training</td>
</tr>
<tr>
<td>12:00</td>
<td>Aqua</td>
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<tr>
<td>12:30</td>
<td>UYSWC* - Swimming</td>
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<tr>
<td>13:00</td>
<td>Swimming Lessons</td>
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<tr>
<td>13:30</td>
<td>York Triathlon</td>
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<tr>
<td>14:00</td>
<td>Members Only</td>
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<tr>
<td>14:30</td>
<td>Open Swimming Session (Members and Public)</td>
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<tr>
<td>15:00</td>
<td>UYSWC* - Swimming</td>
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<tr>
<td>15:30</td>
<td>or Staff Training</td>
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<tr>
<td>16:00</td>
<td>Aqua</td>
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<tr>
<td>16:30</td>
<td>UYSWC* - Swimming</td>
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<tr>
<td>17:00</td>
<td>Swimming Lessons</td>
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<tr>
<td>17:30</td>
<td>York Triathlon</td>
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<tr>
<td>18:00</td>
<td>Members Only</td>
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<tr>
<td>18:30</td>
<td>Open Swimming Session (Members and Public)</td>
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<tr>
<td>19:00</td>
<td>UYSWC* - Water Polo</td>
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<tr>
<td>19:30</td>
<td>or Staff Training</td>
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<tr>
<td>20:00</td>
<td>Aqua</td>
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<tr>
<td>20:30</td>
<td>UYSWC* - Swimming</td>
</tr>
<tr>
<td>21:00</td>
<td>Swimming Lessons</td>
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<tr>
<td>21:30</td>
<td>York Triathlon</td>
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<tr>
<td>22:00</td>
<td>Members Only</td>
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</tbody>
</table>

* Sessions will change during School and University holiday times.
### 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.

### 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**
- **4+ years**

*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.

For changes to the timetables please visit [www.york-sport.com/timechanges](http://www.york-sport.com/timechanges)