

MAIN POOL TIMETABLE (24 September – 21 December 2018)

	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			Aqua 9:00–10:00																															
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																																		
	8			Staff Training																															
WEDNESDAY	1			Open Swimming Members and Public 07:00–12:45																								Pool Closed	WEDNESDAY						
	2	Members Only 06:00–07:00																																	
	3																																		
	4																																		
	5			Aqua 8:45–09:30																															
	6	UYSWC 06:00–08:00																																	
	7	York Triathlon 06:00–08:00																																	
	8					UYSWC Water Polo 12:45–14:15																													
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					Swimming Lessons 13:00–15:00																													
FRIDAY	1			Open Swimming (Members and Public) 07:00–22:00																								Pool Closed	FRIDAY						
	2	Members Only 06:00–07:00																																	
	3																																		
	4																																		
	5			Aqua 9:15–10:00																															
	6	UYSWC 06:00–08:00																																	
	7	York Triathlon 06:00–08:00																																	
	8					Swimming Lessons 13:00–15:00																													
SATURDAY	1			Members Only 07:00–08:30		Open Swimming Session Members and Public 08:30–17:30																								Pool Closed	SATURDAY				
	2																																		
	3	Pool Closed																																	
	4																																		
	5																																		
	6			UYSWC 07:00–08:30																															
	7					Swimming Lessons 08:30–12:15																													
	8							Parties 16:00–17:00																											
SUNDAY	1			Members Only 07:00–08:30		Open Swimming Session Members and Public 08:30–20:30																								Pool Closed	SUNDAY				
	2																																		
	3	Pool Closed																																	
	4																																		
	5																																		
	6			UYSWC 07:00–08:30																															
	7							Parties 16:00–17:00																											
	8																																		

SMALL POOL TIMETABLE (24 September to 21 December 2018)

	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			1					
	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			2								
	3	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								
TUE	1	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			1	TUE				
	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			2					
	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			3					
WED	1	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			Pool Closed			1	WED				
	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			Pool Closed			2					
	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			Pool Closed			3					
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			1	THU				
	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			Open Swimming Members and Public 19:00–20:00			Pool Closed			2					
	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			Open Swimming Members and Public 19:00–20:00			Pool Closed			3					
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			Pool Closed			1	FRI				
	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			Pool Closed			2					
	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			Pool Closed			3					
SAT	1	Pool Closed						Swimming Lessons 08:30–12:10			Open Swimming Members and Public 12:10–16:00			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			1	SAT				
	2	Pool Closed						Swimming Lessons 08:30–12:10			Open Swimming Members and Public 12:10–16:00			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					
	3	Pool Closed						Swimming Lessons 08:30–12:10			Open Swimming Members and Public 12:10–16:00			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					
SUN	1	Pool Closed						Open Swimming Members and Public 09:00–16:00			Open Swimming Members and Public 09:00–16:00			Open Swimming Members and Public 09:00–16:00			Parties 16:00–17:00			Pool Closed			Pool Closed			Pool Closed			1	SUN				
	2	Pool Closed						Open Swimming Members and Public 09:00–16:00			Open Swimming Members and Public 09:00–16:00			Open Swimming Members and Public 09:00–16:00			Parties 16:00–17:00			Pool Closed			Pool Closed			Pool Closed			2					
	3	Pool Closed						Open Swimming Members and Public 09:00–16:00			Open Swimming Members and Public 09:00–16:00			Open Swimming Members and Public 09:00–16:00			Parties 16:00–17:00			Pool Closed			Pool Closed			Pool Closed			3					

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 – 2018/19

24 September 2018 – 30 November 2018

7 January 2019 – 15 March 2019

15 April 2019 – 21 June 2019

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