

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 07:00-21:00 | | | | | | | | | | | | | | | | | | | | | | | | MONDAY | | | | | | |
| | 2 | Members Only 06:00-07:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | Pool Closed | | | | | |
| | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | UYSWC 06:00-08:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7 | York Triathlon 06:00-08:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TUESDAY | 1 | | | Open Swimming Members and Public 07:00-20:00 | | | | | | | | | | | | | | | | | | | | | | | | TUESDAY | | | | | | |
| | 2 | Members Only 06:00-07:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | Pool Closed | | | | | |
| | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7 | Staff Training 07:00-08:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEDNESDAY | 1 | | | Open Swimming Members and Public 07:00-12:45 | | | | | | | | | | | | | | | | | | | | | | | | WEDNESDAY | | | | | | |
| | 2 | Members Only 06:00-07:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | Pool Closed | | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | THURSDAY | | | | | | |
| | 2 | Members Only 06:00-07:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | Pool Closed | | | | | |
| | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | YUSU TRI 06:00-08:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRIDAY | 1 | | | Open Swimming Members and Public 07:00-21:30 | | | | | | | | | | | | | | | | | | | | | | | | FRIDAY | | | | | | |
| | 2 | Members Only 06:00-07:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | Pool Closed | | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | SATURDAY | | | | | | |
| | 2 | Members Only 07:00-08:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | Pool Closed | | | | | |
| | 3 | Pool Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | UYSWC 07:00-08:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SUNDAY | 1 | | | Open Swimming Session Members and Public 08:30-20:30 | | | | | | | | | | | | | | | | | | | | | | | | SUNDAY | | | | | | |
| | 2 | Members Only 07:00-08:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | Pool Closed | | | | | |
| | 3 | Pool Closed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | UYSWC 07:00-08:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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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 | | | | | | Swimming Lessons 09:30-12:00 | | | Open Swimming Members and Public 09:00-12:45 | | | Swimming Lessons 13:00-15:00 | | | Open Swimming Members and Public 14:30-16:00 | | | Swimming Lessons 16:00-19:10 | | | Open Swimming Members and Public 19:10-20:00 | | | Pool Closed | | | | | | | | |
| | 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 | | | | | | | | | | | |
| | 3 | Pool Closed | | | | | | Swimming Lessons 08:30-12:10 | | | Open Swimming Members and Public 09:00-16:00 | | | Parties 16:00-17:00 | | | Pool Closed | | | Open Swimming Members and Public 18:00-19:00 | | | 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 | | | | | | | | | | | |
| | 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 | | | | | | | | | | | |
| 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 | | | Pool Closed | | | | | | | | | | | |
| | 2 | Pool Closed | | | | | | Swimming Lessons 09:30-12:00 | | | Open Swimming Members and Public 09:00-12:45 | | | Swimming Lessons 13:00-15:00 | | | Open Swimming Members and Public 14:30-16:00 | | | Swimming Lessons 16:00-19:10 | | | Open Swimming Members and Public 19:10-20:00 | | | Pool Closed | | | | | | | | |
| | 3 | Pool Closed | | | | | | Swimming Lessons 08:30-12:10 | | | Open Swimming Members and Public 09:00-16:00 | | | Parties 16:00-17:00 | | | Pool Closed | | | Open Swimming Members and Public 18:00-19:00 | | | 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 09:00-11:30 | | | 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 | | | | | | | | | | | |
| SAT | 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 09:00-11:30 | | | 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 | | | | | | | | | | | |
| SUN | 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 09:00-11:30 | | | 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 | | | | | | | | | | | |

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



facebook.com/YorkSport



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