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

Members Only
06:00-07:00

Open Swimming Members and Public
07:00-21:00

2

UYSWC
06:00-08:00

Aqua
09:00-10:00

Swimming Lessons
13:00-15:00

3

York Triathlon
06:00-08:00

4

5

6

7

8

TUESDAY

1

Members Only
06:00-07:00

Open Swimming Members and Public
07:00-20:00

York Triathlon
19:00-21:00

2

UYSWC Water Polo
12:45-14:15

3

Staff Training
07:00-08:00

4

5

6

7

8

WEDNESDAY

1

Members Only
06:00-07:00

Open Swimming Members and Public
07:00-12:45

UYSWC Water Polo
12:45-14:15

12:45 –14:15

Open Swimming Members and Public
14:30–22:00

2

UYSWC
06:00-08:00

3

Swimming Lessons
13:00-15:00

4

Tadcaster SC
18:15-19:45

5

Swimming Lessons
16:00-18:00

6

Adult L2S
19:00-20:30

7

8

THURSDAY

1

Members Only
06:00-07:00

Open Swimming Members and Public
07:00-22:00

2

UYSWC
06:00-08:00

3

Swimming Lessons
13:00-15:00

4

YUSU TRI
06:00-08:00

5

Swimming Lessons
16:00-18:15

6

Tadcaster SC
19:30-21:00

7

York Triathlon
06:00-08:00

8

FRIDAY

1

Members Only
06:00-07:00

Open Swimming Members and Public
07:00-21:30

2

UYSWC
06:00-08:00

3

Swimming Lessons
13:00-15:00

4

York Triathlon
19:30-21:00

5

Swimming Lessons
16:00-19:00

6

UYSWC Water Polo
17:30-19:00

7

York Triathlon
19:00-21:00

8

SATURDAY

1

Pool Closed
07:00-08:30

2

UYSWC
07:00-08:30

3

Swimming Lessons
08:30-10:15

4

Parties
16:00-17:00

5

6

7

8

SUNDAY

1

Pool Closed
06:00-08:30

2

UYSWC
07:00-08:30

3

Open Swimming Session Members and Public
08:30-20:30

4

Parties
16:00-17:00

5

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# SMALL POOL TIMETABLE (2nd January - 12th April 2019)

## 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.

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### 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

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

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### Term dates – 2019/20

- 7 January 2019 – 15 March 2019
- 15 April 2019 – 21 June 2019
- 30 September 2019 – 6 December 2019

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### Sessions

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Mon</td>
<td>09:00-13:00</td>
<td>Open Swimming Members and Public</td>
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<tr>
<td></td>
<td>13:00-15:00</td>
<td>Swimming Lessons</td>
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<td>Open Swimming Members and Public</td>
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<td>19:10-20:00</td>
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<td>09:00-11:30</td>
<td>Swiming Lessons</td>
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<td>15:00-19:10</td>
<td>Open Swimming Members and Public</td>
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<td>Wed</td>
<td>09:00-12:45</td>
<td>Swimming Lessons</td>
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<td></td>
<td>12:45-14:30</td>
<td>Open Swimming Members and Public</td>
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<td>14:30-16:00</td>
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<td>Open Swimming Members and Public</td>
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<td>Sat</td>
<td>08:30-12:10</td>
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<td>12:10-16:00</td>
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<td>Sun</td>
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<td>Open Swimming Members and Public</td>
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<td>16:00-17:00</td>
<td>Parties</td>
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