

# MAIN POOL TIMETABLE (Reopening timetable)

	6:30	7:00	7:30	8:00	8:30	9:00	9:30	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		
MONDAY	1. Slow		Lane swimming 7:00 - 8:00			Lane swimming 9:00 - 10:00						Lane swimming 12:00 - 13:00		Facility Closed						Lane swimming 16:00 - 17:00					Lane swimming 18:30 - 19:30						TYSSS 20:30 - 21:30		
	2. Medium																																
	3. Fast																									TYSSS 18:30 - 19:30							
TUESDAY	1. Slow		Lane swimming 7:00 - 8:00			Lane swimming 9:00 - 10:00						Lane swimming 12:00 - 13:00		Facility Closed							Lane swimming 16:00 - 17:00					Lane swimming 18:30 - 19:30					Lane swimming 20:30 - 21:30		
	2. Medium																																
	3. Fast		TYSSS 7:00 - 8:00																							TYSSS 18:30 - 19:30							
WEDNESDAY	1. Slow		Lane swimming 7:00 - 8:00			Lane swimming 9:00 - 10:00						Lane swimming 12:00 - 13:00		Facility Closed							Lane swimming 16:00 - 17:00					Lane swimming 18:30 - 19:30					TYSSS 20:30 - 21:30		
	2. Medium																																
	3. Fast		TYSSS 7:00 - 8:00																							TYSSS 18:30 - 19:30							
THURSDAY	1. Slow		Lane swimming 7:00 - 8:00			Lane swimming 9:00 - 10:00						Lane swimming 12:00 - 13:00		Facility Closed							Lane swimming 16:00 - 17:00					Lane swimming 18:30 - 19:30					Lane swimming 20:30 - 21:30		
	2. Medium																																
	3. Fast		TYSSS 7:00 - 8:00																							TYSSS 18:30 - 19:30							
FRIDAY	1. Slow		Lane swimming 7:00 - 8:00			Lane swimming 9:00 - 10:00						Lane swimming 12:00 - 13:00		Facility Closed							Lane swimming 16:00 - 17:00					Lane swimming 18:30 - 19:30					TYSSS 20:30 - 21:30		
	2. Medium																																
	3. Fast		TYSSS 7:00 - 8:00																							TYSSS 18:30 - 19:30							
SATURDAY	1. Slow	Facility Closed					Lane swimming 9:00 - 10:00			Lane swimming 11:00 - 12:00				Lane swimming 13:30 - 14:30		Facility Closed																	
	2. Medium																																
	3. Fast													TYSSS 13:30 - 14:30																			
SUNDAY	1. Slow	Facility Closed					Lane swimming 9:00 - 10:00			Lane swimming 11:00 - 12:00				Lane swimming 13:30 - 14:30		Facility Closed																	
	2. Medium																																
	3. Fast													TYSSS 13:30 - 14:30																			

\*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](http://york-sport.com) for timetable changes.