

MAIN POOL TIMETABLE (21st September - 5th October)

		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 6:30 - 7:30			Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00					Lane swimming 14:30 - 15:30			Lane swimming 16:00 - 17:00				Lane swimming 18:00 - 19:00									Lane swimming 21:00 - 22:00			
	2. Medium																																				
	3. Fast																									TYSSS 18:00 - 19:00											
TUESDAY	1. Slow	Lane swimming 6:30 - 7:30			Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00					Lane swimming 14:30 - 15:30			Lane swimming 16:00 - 17:00				Lane swimming 18:00 - 19:00									Lane swimming 21:00 - 22:00			
	2. Medium																																				
	3. Fast																									TYSSS 18:00 - 19:00											
WEDNESDAY	1. Slow	Lane swimming 6:30 - 7:30			Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00					Lane swimming 14:30 - 15:30			Lane swimming 16:00 - 17:00				Lane swimming 18:00 - 19:00									Lane swimming 21:00 - 22:00			
	2. Medium																																				
	3. Fast																									TYSSS 18:00 - 19:00											
THURSDAY	1. Slow	Lane swimming 6:30 - 7:30			Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00					Lane swimming 14:30 - 15:30			Lane swimming 16:00 - 17:00				Lane swimming 18:00 - 19:00									Lane swimming 21:00 - 22:00			
	2. Medium																																				
	3. Fast																									TYSSS 18:00 - 19:00											
FRIDAY	1. Slow	Lane swimming 6:30 - 7:30			Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00					Lane swimming 14:30 - 15:30			Lane swimming 16:00 - 17:00				Lane swimming 18:00 - 19:00									Lane swimming 21:00 - 22:00			
	2. Medium																																				
	3. Fast																									TYSSS 18:00 - 19:00											
SATURDAY	1. Slow	Facility Closed										Lane swimming 9:00 - 10:00		Lane swimming 11:00 - 12:00																							
	2. Medium	Facility Closed																																			
	3. Fast	Facility Closed																																			
SUNDAY	1. Slow	Facility Closed										Lane swimming 9:00 - 10:00		Lane swimming 11:00 - 12:00																							
	2. Medium	Facility Closed																																			
	3. Fast	Facility Closed																																			

*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.

SMALL POOL TIMETABLE (21st September - 5th October)

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

	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							Swimming Lessons 9:30 - 11:30																																
TUESDAY							Swimming Lessons 9:30 - 11:30																																
WEDNESDAY							Swimming Lessons 9:30 - 11:30																																
THURSDAY							Swimming Lessons 9:30 - 11:30																																
FRIDAY							Swimming Lessons 9:30 - 11:30																																
SATURDAY		Facility Closed																								Facility Closed													
SUNDAY		Facility Closed																									Facility Closed												

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