




# MAIN POOL TIMETABLE (12th April - Onwards)

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

Day	Pool	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 13:30 - 14:30		Lane swimming 14:55 - 15:55		Lane swimming 16:00 - 19:00																	
	2. Medium																																			
	3. Medium																																			
	4. Fast																																			
	5. Small Pool								Swimming Lessons 9:30 - 11:30																											
TUESDAY	1. Slow		Lane swimming 6:30 - 7:30		Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00		Lane swimming 13:30 - 14:30		Lane swimming 14:55 - 15:55		Lane swimming 16:00 - 19:00																	
	2. Medium																																			
	3. Medium																																			
	4. Fast																																			
	5. Small Pool								Swimming Lessons 9:30 - 11:30																											
WEDNESDAY	1. Slow		Lane swimming 6:30 - 7:30		Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00					UYSWC 14:30 - 15:45		Lane swimming 16:00 - 19:00																
	2. Medium																																			
	3. Medium																																			
	4. Fast																																			
	5. Small Pool								Swimming Lessons 9:30 - 11:30																											
THURSDAY	1. Slow		Lane swimming 6:30 - 7:30		Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00		Lane swimming 13:30 - 14:30		Lane swimming 14:55 - 15:55		Lane swimming 16:00 - 19:00																	
	2. Medium																																			
	3. Medium																																			
	4. Fast		YUSU TRI		YUSU TRI																															
	5. Small Pool								Swimming Lessons 9:30 - 11:30																											
FRIDAY	1. Slow		Lane swimming 6:30 - 7:30		Lane swimming 8:00 - 9:00								Lane swimming 12:00 - 13:00		Lane swimming 13:30 - 14:30		Lane swimming 14:55 - 15:55		Lane swimming 16:00 - 19:00																	
	2. Medium																																			
	3. Medium																																			
	4. Fast																																			
	5. Small Pool								Swimming Lessons 9:30 - 11:30																											
SATURDAY	1. Slow																																			
	2. Medium																																			
	3. Medium																																			
	4. Fast																																			
	5. Small Pool																																			
SUNDAY	1. Slow																																			
	2. Medium																																			
	3. Medium																																			
	4. Fast																																			
	5. Small Pool																																			

**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

\*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.