

MAIN POOL TIMETABLE (16 May until 26 June)

	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	Lane Swim 06:00 – 08:00			Open Swim 08:00 – 09:30			Pool Closed				Lane Swim 11:30 – 13:00		Open Swim 13:00 – 15:30			Swimming Lessons 16:00 – 19:15					Open Swim 19:30 – 21:00		Octopush 21:00 – 22:00		Pool Closed		1	MONDAY						
	2																											2							
	3																											3							
	4							Pool Closed																		Pool Closed		4							
	5							Pool Closed																Tadcaster York Sport Swim Squad 18:00 – 21:00				5							
	6							Pool Closed																				6							
	7				UYSWC 07:00 – 09:00			Pool Closed						School Swimming 12:30 – 14:30														7							
	8																											8							
TUESDAY	1	Lane Swim 06:00 – 08:00			Open Swim 08:00 – 09:30			Pool Closed				Lane Swim 11:30 – 13:00		Open Swim 13:00 – 15:30			Swimming Lessons 16:00 – 19:15					Open Swim 19:30 – 21:00		Octopush 21:00 – 22:00		Pool Closed		1	TUESDAY						
	2																											Pool Closed		2					
	3																													3					
	4							Pool Closed																				Pool Closed		4					
	5							Pool Closed																Tadcaster York Sport Swim Squad 17:00 – 19:00						5					
	6							Pool Closed																						6					
	7				UYSWC 07:00 – 09:00			Pool Closed						School Swimming 12:30 – 14:30																7					
	8																													8					
WEDNESDAY	1	Lane Swim Slow 06:00 – 09:30						Pool Closed				Open Swim 11:30 – 12:30		Staff Training 12:30 – 14:00		Open Swim 14:00 – 15:30			Swimming Lessons 16:00 – 19:15					Lane Swim 19:30 – 22:00		Pool Closed		1	WEDNESDAY						
	2																											Pool Closed		2					
	3																											Pool Closed		3					
	4							Pool Closed				Lane Swim 11:30 – 12:30		UYSWC Swimming 12:30 – 14:00		Lane Swim 14:00 – 15:30														4					
	5				Aqua 08:40 – 09:30			Pool Closed																						5					
	6							Pool Closed																						6					
	7							Pool Closed																		Staff Training 19:30 – 20:30				7					
	8																													8					
THURSDAY	1	Lane Swim 06:00 – 08:00			Open Swim 08:00 – 09:30			Pool Closed				Lane Swim 11:30 – 13:00		Open Swim 13:00 – 15:30			Swimming Lessons 16:00 – 19:15					Lane Swim 19:30 – 22:00		Pool Closed		1	THURSDAY								
	2																											Pool Closed		2					
	3																											Pool Closed		3					
	4							Pool Closed																				Pool Closed		4					
	5							Pool Closed																Tadcaster York Sport Swim Squad 18:00 – 20:00						5					
	6							Pool Closed																				Pool Closed		6					
	7				YUSU Triathlon 07:00 – 09:00			Pool Closed						School Swimming 12:30 – 14:30																7					
	8																													8					
FRIDAY	1	Lane Swim 06:00 – 08:00			Open Swim 08:00 – 09:30			Pool Closed				Lane Swim 11:30 – 13:00		Open Swim 13:00 – 15:30			Swimming Lessons 16:00 – 19:15					Lane Swim 19:30 – 22:00		Pool Closed		1	FRIDAY								
	2																											Pool Closed		2					
	3																											Pool Closed		3					
	4							Pool Closed																				Pool Closed		4					
	5							Pool Closed																				Pool Closed		5					
	6							Pool Closed																				Pool Closed		6					
	7				UYSWC 07:00 – 09:00			Pool Closed						School Swimming 12:30 – 14:30														Pool Closed		7					
	8																											Pool Closed		8					
SATURDAY	1				Swimming Lessons 08:00 – 12:30			Open / Family Swim 12:30 – 16:30									Pool Closed							1	SATURDAY										
	2																Pool Closed							2											
	3																Pool Closed							3											
	4	Pool Closed															Pool Closed							4											
	5																Pool Closed							5											
	6																Pool Closed							6											
	7																Pool Closed							7											
	8																Pool Closed							8											
SUNDAY	1				Lane Swim 08:00 – 09:00			Open / Family Swim 09:00 – 16:30											Pool Closed							1	SUNDAY								
	2																		Pool Closed							2									
	3																		Pool Closed							3									
	4																		Pool Closed							4									
	5	Pool Closed																	Pool Closed							5									
	6																		Pool Closed							6									
	7																		Pool Closed							7									
	8																		Pool Closed							8									

SMALL POOL TIMETABLE (16 May until 26 June)

	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						Swimming Lessons 09:30 – 11:30				School Swimming 12:30 – 14:30				Swimming Lessons 16:00 – 19:15						Pool Closed											
	2	Pool Closed						Family swim 09:30 – 11:30														Pool Closed											
	3	Pool Closed																				Pool Closed											
TUE	1	Pool Closed						Swimming Lessons 09:30 – 11:30				School Swimming 12:30 – 14:30				Swimming Lessons 16:00 – 19:15						Pool Closed											
	2	Pool Closed						Family swim 09:30 – 11:30														Pool Closed											
	3	Pool Closed																				Pool Closed											
WED	1	Pool Closed						Swimming Lessons 09:30 – 11:30				Pool Closed				Swimming Lessons 16:00 – 19:15						Pool Closed											
	2	Pool Closed						Family swim 09:30 – 11:30														Pool Closed											
	3	Pool Closed																				Pool Closed											
THU	1	Pool Closed						Swimming Lessons 09:30 – 11:30				School Swimming 12:30 – 14:30				Swimming Lessons 16:00 – 19:15						Pool Closed											
	2	Pool Closed						Family swim 09:30 – 11:30														Pool Closed											
	3	Pool Closed																				Pool Closed											
FRI	1	Pool Closed						Swimming Lessons 09:30 – 11:30				School Swimming 12:30 – 14:30				Swimming Lessons 16:00 – 19:15						Pool Closed											
	2	Pool Closed						Family swim 09:30 – 11:30														Pool Closed											
	3	Pool Closed																				Pool Closed											
SAT	1	Pool Closed			Swimming Lessons 08:00 – 12:30				Family Swim 12:30 – 14:30				Birthday Parties 14:30 – 15:30		Pool Closed																		
	2	Pool Closed																															
	3	Pool Closed																															
SUN	1	Pool Closed			Family Swim 08:30 – 14:30								Birthday Parties 14:30 – 15:30		Pool Closed																		
	2	Pool Closed																															
	3	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.

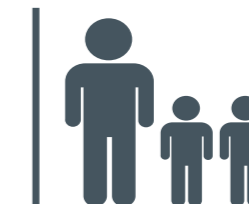
*Times and sessions are subject to change due to University and local school term dates, please check the York Sport website for up-to-date programmes.

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 to 2022/23

Summer Term: 19 April 2022 – 24 June 2022

Autumn Term: 26 September 2022 – 2 December 2022

Spring Term: 9 January 2023 – 17 March 2023

(undergraduate)



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For changes to the timetables please visit
www.york-sport.com/timechanges

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