

Main Pool: Monday 20th March - Sunday 2nd April

Day	Lanes	0600	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130	2200
Monday	1	Lane Swim					Open Swim					Lane Swim					Open Swim					Swimming Lessons 1600-1915					Open Swim		Military					
	2	0600-1530					0830-1130					1130-1300					1300-1530										1930-2100		Swim Testing					
	3																																	
	4																																	
	5																					TYSSS												
	6																					1800-2100												
	7											School Swimming																						
	8											1230-1430																						
Tuesday	1	Lane Swim					Open Swim					Open Swim					Swimming Lessons 1600-1915					Open Swim												
	2	0600-0830					0830-1130					1300-1530										1930-2100												
	3																																	
	4																																	
	5						Lane Swim																											
	6						Aqua					0930-1530																						
	7						0840-0930					School Swimming					Staff Training					TYSSS												
	8											1230-1430					1430-1530					1700-1900												
Wednesday	1	Lane Swim					Open Swim					Staff Training					Swimming Lessons 1600-1915					Lane Swim												
	2	0600-1530					0830-1130					1230-1400										1930-2200												
	3																																	
	4																																	
	5																																	
	6																																	
	7																					Staff Training												
	8																					1930-2030												
Thursday	1	Lane Swim					Open Swim					Open Swim					Swimming Lessons 1600-1915					Lane Swim												
	2	0600-1530					0830-1130					1300-1530										1930-2200												
	3																																	
	4																																	
	5																																	
	6																																	
	7											School Swimming					TYSSS 1800-2000					Adult Learn to Swim												
	8											1230-1430										2000-2200												
Friday	1	Lane Swim					Open Swim					Open Swim					Swimming Lessons 1600-1915					Lane Swim												
	2	0600-0830					0830-1130					1300-1530										1930-2200												
	3																																	
	4																																	
	5						Lane Swim																											
	6						Aqua					0930-1530																						
	7						0840-0930					School Swimming					GSA																	
	8											1230-1430					1430-1530																	
Saturday	1						Swimming Lessons 0800-1230															Pool Closed												
	2																Open/Family Swim					Pool Closed												
	3	Pool Closed															1230-1630																	
	4																																	
	5																																	
	6																																	
	7																																	
	8																																	
Sunday	1						Lane Swim					Open/Family Swim										Pool Closed												
	2						0800-0900					0900-1630										Pool Closed												
	3	Pool Closed																				Pool Closed												
	4																																	
	5																																	
	6																																	
	7																																	
	8																																	

Small Pool: Monday 20th March - Sunday 2nd April

Day	Lanes	0600	0630	0700	0730	0800	0830	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130	2200
Monday	1	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	2	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	3	Pool Closed							Family Swim 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
Tuesday	1	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	2	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	3	Pool Closed							Family Swim 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
Wednesday	1	Pool Closed							Swimming Lessons 0930-1130			Adult Learn to Swim 1130-1230		Pool Closed					Swimming Lessons 1600-1915					Pool Closed										
	2	Pool Closed							Swimming Lessons 0930-1130			Adult Learn to Swim 1130-1230		Pool Closed					Swimming Lessons 1600-1915					Pool Closed										
	3	Pool Closed							Family Swim 0930-1130			Adult Learn to Swim 1130-1230		Pool Closed					Swimming Lessons 1600-1915					Pool Closed										
Thursday	1	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	2	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	3	Pool Closed							Family Swim 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
Friday	1	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	2	Pool Closed							Swimming Lessons 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
	3	Pool Closed							Family Swim 0930-1230					School Swimming 1230-1430			Swimming Lessons 1600-1915					Pool Closed												
Saturday	1	Pool Closed							Swimming Lessons 0800-1230					Family Swim Sessions 1230-1430			Birthday Parties 1430-1530		Pool Closed															
	2	Pool Closed							Swimming Lessons 0800-1230					Family Swim Sessions 1230-1430			Birthday Parties 1430-1530		Pool Closed															
	3	Pool Closed							Swimming Lessons 0800-1230					Family Swim Sessions 1230-1430			Birthday Parties 1430-1530		Pool Closed															
Sunday	1	Pool Closed							Family Swim Sessions 0830-1430					Family Swim Sessions 1230-1430			Birthday Parties 1430-1530		Pool Closed															
	2	Pool Closed							Family Swim Sessions 0830-1430					Family Swim Sessions 1230-1430			Birthday Parties 1430-1530		Pool Closed															
	3	Pool Closed							Family Swim Sessions 0830-1430					Family Swim Sessions 1230-1430			Birthday Parties 1430-1530		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

Spring Term: 9 January 2023 – 17 March 2023

Summer Term: 17 April 2023 – 23 June 2023

Autumn Term: 18 September 2023 – 17 December 2023
(undergraduate)

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



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