

MAIN POOL TIMETABLE (1 May 2023 to 25 June 2023)

		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 – 15:30				Open Swim 08:30 – 11:30						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									
	2																					Pool Closed												Pool Closed					
	3																																						
	4																																						
	5																											Tadcaster York Sport Swim Squad 18:00 – 21:00											
	6			UYSWC 07:00 – 08:30																																			
	7																																						
	8															School Swimming 12:30 – 14:30																							
TUESDAY	1	Lane Swim 06:00 – 08:30				Open Swim 08:30 – 11:30								Open Swim 13:00 – 15:30										Swimming Lessons 16:00 – 19:15						Open Swim 19:30 – 21:00		Octopush 21:00 – 22:00							
	2																							Pool Closed												Pool Closed			
	3																																						
	4																																						
	5							Aqua 08:40 – 09:30		Lane Swim 09:30 – 15:30																													
	6			UYSWC 07:00 – 08:30																																			
	7																											Tadcaster York Sport Swim Squad 17:00 – 19:00											
	8																																						
WEDNESDAY	1	Lane Swim 06:00 – 12:30				Open Swim 08:30 – 11:30										Staff Training 12:30 – 14:00		UYSWC – Water Polo 14:15 – 15:45						Swimming Lessons 16:00 – 19:15						Lane Swim 19:30 – 22:00									
	2																							Pool Closed														Pool Closed	
	3																																						
	4																																						
	5																																						
	6																																						
	7																															Staff Training 19:30 – 20:30							
	8																																						
THURSDAY	1	Lane Swim 06:00 – 15:30				Open Swim 08:30 – 11:30								Open Swim 13:00 – 15:30										Swimming Lessons 16:00 – 19:15						Lane Swim 19:30 – 22:00									
	2																							Pool Closed														Pool Closed	
	3																																						
	4																																						
	5																																						
	6																																						
	7			YUSU Triathlon 07:00 – 09:00																																			
	8																																						
FRIDAY	1	Lane Swim 06:00 – 08:30				Open Swim 08:30 – 11:30								Open Swim 13:00 – 15:30										Swimming Lessons 16:00 – 19:15						Lane Swim 19:30 – 22:00									
	2																							Pool Closed														Pool Closed	
	3																																						
	4																																						
	5																																						
	6			UYSWC 07:00 – 08:30																																			
	7							Aqua 08:40 – 09:30		Lane Swim 09:30 – 15:30																													
	8																			CSA 14:30 – 15:30												UYSWC 19:30 – 21:00							
SATURDAY	1					Swimming Lessons 08:00 – 12:30										Open / Family Swim 12:30 – 14:30								UYSWC – Swimming and Water Polo 15:00 – 16:30															
	2																							Pool Closed															
	3																																						
	4																																						
	5	Pool Closed																																					
	6																																						
	7																																						
	8																																						
SUNDAY	1					Lane Swim 08:00 – 14:00		Open / Family Swim 09:00 – 16:30																															
	2																																						
	3																																						
	4																																						
	5	Pool Closed																																					
	6																																						
	7																																						
	8																																						

SMALL POOL TIMETABLE (1 May 2023 to 25 June 2023)

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

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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Scan to save

