

# MAIN POOL TIMETABLE (8 January 2024 to 11 February 2024)

		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 – 08:30					Open Swim 08:30 – 11:30							Lane Swim 11:30 – 13:00				Open Swim 13:00 – 15:30						Pool Closed	Swimming Lessons 16:00 – 19:15						Members Only Swim 19:30 – 21:00			Octopush 21:00 – 22:00		Pool Closed	1	MONDAY	
	2																																						
	3																																						
	4																																						
	5	UYSWC 07:00 – 08:30					Lane Swim 08:30 – 15:30							School Swimming 12:30 – 15:00						Tadcaster York Sport Swim Squad 18:00 – 21:00						Pool Closed	5												
	6																																						
	7																																						
	8																																						
TUESDAY	1	Lane Swim 06:00 – 08:30					Open Swim 08:30 – 11:30							Lane Swim 11:30 – 13:00				Open Swim 13:00 – 15:30						Pool Closed	Swimming Lessons 16:00 – 19:15						Members Only Swim 19:30 – 21:00			Octopush 21:00 – 22:00		Pool Closed	1	TUESDAY	
	2																																						
	3																																						
	4																																						
	5	UYSWC 07:00 – 08:30					Aqua 08:40 – 09:30		Lane Swim 09:30 – 15:30					School Swimming 12:30 – 14:30						Tadcaster York Sport Swim Squad 17:00 – 19:00						Pool Closed	5												
	6																																						
	7																																						
	8																																						
WEDNESDAY	1	Lane Swim 06:00 – 12:30					Open Swim 08:30 – 11:30							Lane Swim 11:30 – 12:30		Staff Training 12:30 – 14:00		UYSWC Water Polo 14:15 – 15:45				Pool Closed	Swimming Lessons 16:00 – 19:15						Lane Swim 19:30 – 22:00				Pool Closed	1	WEDNESDAY				
	2																																						
	3																																						
	4																																						
	5	UYSWC 07:00 – 08:30					Adult Learn to Swim 11:30 – 12:30							UYSWC Swimming 12:30 – 14:00						Staff Training 19:30 – 20:30						Pool Closed	5												
	6																																						
	7																																						
	8																																						
THURSDAY	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						Pool Closed	Swimming Lessons 16:00 – 19:15						Lane Swim 19:30 – 22:00				Pool Closed	1	THURSDAY		
	2																																						
	3																																						
	4																																						
	5	YUSU Triathlon 07:00 – 09:00					School Swimming 12:30 – 14:30							Tadcaster York Sport Swim Squad 18:00 – 21:00						Adult Learn to Swim 20:00 – 22:00					Pool Closed	5													
	6																																						
	7																																						
	8																																						
FRIDAY	1	Lane Swim 06:00 – 08:30					Open Swim 08:30 – 11:30							Lane Swim 11:30 – 13:00				Open Swim 13:00 – 15:30						Pool Closed		Swimming Lessons 16:00 – 19:15						Lane Swim 19:30 – 22:00				Pool Closed	1	FRIDAY	
	2																																						
	3																																						
	4																																						
	5	UYSWC 07:00 – 08:30					Aqua 08:40 – 09:30		Lane Swim 09:00 – 15:30					School Swimming 12:30 – 14:30						UYSWC 19:30 – 21:00						Pool Closed	5												
	6																																						
	7																																						
	8																																						
SATURDAY	1	Pool Closed					Swimming Lessons 08:00 – 12:30							Open Swim 12:30 – 13:45		Family Splash! 13:45 – 14:45		UYSWC Water Polo 15:00 – 16:30				Pool Closed						Pool Closed	1	SATURDAY									
	2																																						
	3																																						
	4																																						
	5						Lane Swim 12:30 – 14:45													Pool Closed	5																		
	6																																						
	7																																						
	8																																						
SUNDAY	1	Pool Closed					Lane Swim 08:00 – 14:00		Open/Family Swim 09:00 – 10:15			Family Splash! 10:15 – 11:45			Open/Family Swim 11:45 – 16:30										Pool Closed						Pool Closed	1	SUNDAY						
	2																																						
	3																																						
	4																																						
	5						UYSWC Water Polo 14:00 – 15:00										YUSU Triathlon 15:00 – 16:30		Pool Closed	5																			
	6																																						
	7																																						
	8																																						

# SMALL POOL TIMETABLE (8 January 2024 to 11 February 2024)

			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 – 15:00								Pool Closed		Swimming Lessons 16:00 – 19:15								Pool Closed								1	MON
	2																																				2	
	3																																				Family Swim 09:30 – 12:30	
TUE	1	Pool Closed	Swimming Lessons 09:30 – 12:30								School Swimming 12.30 – 14:30						Pool Closed		Swimming Lessons 16:00 – 19:15								Pool Closed								1	TUE		
	2																																		2			
	3																																		Family Swim 09:30 – 12:30			
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																																		2			
	3																																		Family Swim 09:30 – 11:30			
THU	1	Pool Closed	Swimming Lessons 09:30 – 12:30								School Swimming 12.30 – 14:30						Pool Closed		Swimming Lessons 16:00 – 19:15								Pool Closed								1	THU		
	2																																		2			
	3																																		Family Swim 09:30 – 12:30			
FRI	1	Pool Closed	Swimming Lessons 09:30 – 12:30								School Swimming 12.30 – 14:30						Pool Closed		Swimming Lessons 15:45 – 19:15								Pool Closed								1	FRI		
	2																																		2			
	3																																		Family Swim 09:30 – 12:30			
SAT	1	Pool Closed						Swimming Lessons 08:00 – 12:30								Family Swim 12:30 – 14:30		Family Splash! 13:45 – 14:30		Birthday Parties 14:30 – 15:30		Pool Closed										1	SAT					
	2																															2						
	3																															3						
SUN	1	Pool Closed						Family Swim 08:30 – 10:15				Family Splash! 10.15 – 11:45				Family Swim 11:45 – 14:30						Birthday Parties 14:30 – 15:30		Pool Closed										1	SUN			
	2																																	2				
	3																																	3				
			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			

## 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.

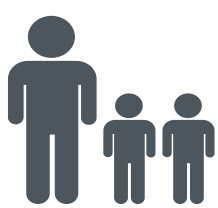
All users must abide by Pool Rules as displayed in changing areas.

\*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 2023/24

Semester 1: 18 September 2023 – 2 February 2024

Semester 2: 5 February 2024 – 7 June 2024

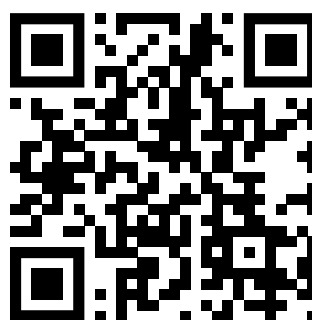
Vacation periods:

Winter: 18 December 2023 – 5 January 2024

Easter: 25 March 2024 – 5 April 2024

For changes to the timetables please visit  
[www.york-sport.com/timechanges](http://www.york-sport.com/timechanges)

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