

MAIN POOL TIMETABLE (8 April 2024 to 14 May 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				
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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				
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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						Open Swim 19:30 – 22:00				Pool Closed						
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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				
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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				
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SATURDAY	1	Pool Closed				Swimming Lessons 08:00 – 12:30						Open Swim 12:30 – 13:45		Family Splash 13:45 – 14:45		UYSWC 15:00 – 16:30		Pool Closed															
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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															
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SMALL POOL TIMETABLE (8 April 2024 to 14 May 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					
	2	Pool Closed						Swimming Lessons 09:30 – 12:30						School Swimming 12:30 – 14:30						Pool Closed						Swimming Lessons 16:00 – 19:15						Pool Closed					
	3	Pool Closed						Family Swim 09:30 – 12:30						Pool Closed						Swimming Lessons 16:00 – 19:15						Pool Closed											
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					
	2	Pool Closed						Swimming Lessons 09:30 – 12:30						School Swimming 12:30 – 14:30						Pool Closed						Swimming Lessons 16:00 – 19:15						Pool Closed					
	3	Pool Closed						Family Swim 09:30 – 12:30						Pool Closed						Swimming Lessons 16:00 – 19:15						Pool Closed											
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					
	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					
	3	Pool Closed						Family Swim 09:30 – 11:30						Pool Closed						Swimming Lessons 16:00 – 19:15						Pool Closed											
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					
	2	Pool Closed						Swimming Lessons 09:30 – 12:30						School Swimming 12:30 – 14:30						Pool Closed						Swimming Lessons 16:00 – 19:15						Pool Closed					
	3	Pool Closed						Family Swim 09:30 – 12:30						Pool Closed						Swimming Lessons 16:00 – 19:15						Pool Closed											
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					
	2	Pool Closed						Swimming Lessons 09:30 – 12:30						School Swimming 12:30 – 14:30						Pool Closed						Swimming Lessons 15:45 – 19:15						Pool Closed					
	3	Pool Closed						Family Swim 09:30 – 12:30						Pool Closed						Swimming Lessons 15:45 – 19:15						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						Swimming Lessons 08:00 – 12:30						Family Swim 12:30 – 14:30						Birthday Parties 14:30 – 15:30						Pool Closed											
	3	Pool Closed						Swimming Lessons 08:00 – 12:30						Family Swim 12:30 – 14:30						Birthday Parties 14:30 – 15:30						Pool Closed											
SUN	1	Pool Closed						Family Swim 08:30 – 14:30						Birthday Parties 14:30 – 15:30						Pool Closed																	
	2	Pool Closed						Family Swim 08:30 – 14:30						Birthday Parties 14:30 – 15:30						Pool Closed																	
	3	Pool Closed						Family Swim 08:30 – 14:30						Birthday Parties 14:30 – 15:30						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



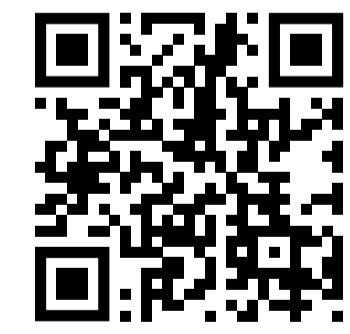
8+ years

Term dates to 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

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