

Main Pool Timetable (Monday 15 June to Sunday 21 June 2026)

| | | 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 to 08:30 | | | | | Open Swim 08:30 to 11:30 | | | | | Lane Swim 11:30 to 13:00 | | | | | Open Swim 13:00 to 15:30 | | | | | Pool Closed | Swimming Lessons 16:00 to 19:15 | | | | | Member Only Swim 19:30 to 22:00 | | | | | Pool Closed | | | | | | | | | | | | | | | |
| | 2 | | | | | | Lane Swim 08:30 to 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| TUESDAY | 1 | Lane Swim 06:00 to 08:30 | | | | | Open Swim 08:30 to 11:30 | | | | | Lane Swim 11:30 to 13:00 | | | | | Open Swim 13:00 to 15:30 | | | | | Pool Closed | Swimming Lessons 16:00 to 19:15 | | | | | Member Only Swim 19:30 to 22:00 | | | | | Pool Closed | | | | | | | | | | | | | | | |
| | 2 | | | | | | Lane Swim 08:30 to 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| WEDNESDAY | 1 | Lane Swim 06:00 to 08:30 | | | | | Open Swim 08:30 to 11:30 | | | | | Lane Swim 11:30 to 12:30 | | | | | Staff Training 12:30 to 14:00 | | | | | Open Swim 14:00 to 15:30 | | | | | Pool Closed | Swimming Lessons 16:00 to 19:15 | | | | | Open Swim 19:30 to 22:00 | | | | | Pool Closed | | | | | | | | | | |
| | 2 | | | | | | Lane Swim 08:30 to 14:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| THURSDAY | 1 | Lane Swim 06:00 to 08:30 | | | | | Open Swim 08:30 to 11:30 | | | | | Lane Swim 11:30 to 13:00 | | | | | Open Swim 13:00 to 15:30 | | | | | Pool Closed | Swimming Lessons 16:00 to 19:15 | | | | | Lane Swim 19:30 to 22:00 | | | | | Open Swim 21:00 to 22:00 | | | | | Pool Closed | | | | | | | | | | |
| | 2 | | | | | | Lane Swim 08:30 to 12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| FRIDAY | 1 | Lane Swim 06:00 to 08:30 | | | | | Open Swim 08:30 to 11:30 | | | | | Lane Swim 11:30 to 13:00 | | | | | Open Swim 13:00 to 15:30 | | | | | Pool Closed | Swimming Lessons 16:00 to 19:15 | | | | | Open Swim 19:30 to 22:00 | | | | | Pool Closed | | | | | | | | | | | | | | | |
| | 2 | | | | | | Lane Swim 08:30 to 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| SATURDAY | 1 | | | | | | Swimming Lessons 08:00 to 12:30 | | | | | Open Swim 12:30 to 16:30 | | | | | | | | | | Pool Closed | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| SUNDAY | 1 | | | | | | Lane Swim* 08:00 to 09:30 | | | | | Open Swim 09:30 to 16:30 | | | | | | | | | | Pool Closed | | | | | | | | | | | | | | | | | | | | | | | | | | |
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*There will be no music in the pool hall at this time.

Please note, this timetable may be subject to change. For any further updates, please visit: www.york-sport.com/timetables

Small Pool Timetable (Monday 15 June to Sunday 21 June 2026)

| | | 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 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 2 | Pool Closed | | | | | | | Swimming Lessons 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 3 | Pool Closed | | | | | | | Family Swim 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| TUE | 1 | Pool Closed | | | | | | | Swimming Lessons 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 2 | Pool Closed | | | | | | | Swimming Lessons 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 3 | Pool Closed | | | | | | | Family Swim 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| WED | 1 | Pool Closed | | | | | | | Swimming Lessons 09:30 to 11:30 | | | Adult Learn to Swim 11:30 to 12:30 | | Pool Closed | | | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | | |
| | 2 | Pool Closed | | | | | | | Swimming Lessons 09:30 to 11:30 | | | Adult Learn to Swim 11:30 to 12:30 | | Pool Closed | | | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | | |
| | 3 | Pool Closed | | | | | | | Family Swim 09:30 to 11:30 | | | Adult Learn to Swim 11:30 to 12:30 | | Pool Closed | | | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | | |
| THU | 1 | Pool Closed | | | | | | | Family Swim 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 2 | Pool Closed | | | | | | | Family Swim 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 3 | Pool Closed | | | | | | | Family Swim 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 16:00 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| FRI | 1 | Pool Closed | | | | | | | Swimming Lessons 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 15:45 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 2 | Pool Closed | | | | | | | Swimming Lessons 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 15:45 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| | 3 | Pool Closed | | | | | | | Family Swim 09:30 to 12:30 | | | | | School Swimming 12:30 to 14:30 | | | Pool Closed | | | Swimming Lessons 15:45 to 19:15 | | | | | Pool Closed | | | | | | | | | |
| SAT | 1 | Pool Closed | | | | Swimming Lessons 08:00 to 12:30 | | | | Family Splash 12:30 to 14:30 | | | | Birthday Parties 14:30 to 15:30 | | Pool Closed | | | | | | | | | | | | | | | | | | |
| | 2 | Pool Closed | | | | Swimming Lessons 08:00 to 12:30 | | | | Family Splash 12:30 to 14:30 | | | | Birthday Parties 14:30 to 15:30 | | Pool Closed | | | | | | | | | | | | | | | | | | |
| | 3 | Pool Closed | | | | Swimming Lessons 08:00 to 12:30 | | | | Family Splash 12:30 to 14:30 | | | | Birthday Parties 14:30 to 15:30 | | Pool Closed | | | | | | | | | | | | | | | | | | |
| SUN | 1 | Pool Closed | | | | Sensory Friendly Swim Session 08:00 to 09:15 | | Family Swim 09:30 to 12:30 | | | | Family Splash 12:30 to 14:30 | | | Birthday Parties 14:30 to 15:30 | | Pool Closed | | | | | | | | | | | | | | | | | |
| | 2 | Pool Closed | | | | Sensory Friendly Swim Session 08:00 to 09:15 | | Family Swim 09:30 to 12:30 | | | | Family Splash 12:30 to 14:30 | | | Birthday Parties 14:30 to 15:30 | | Pool Closed | | | | | | | | | | | | | | | | | |
| | 3 | Pool Closed | | | | Sensory Friendly Swim Session 08:00 to 09:15 | | Family Swim 09:30 to 12:30 | | | | Family Splash 12:30 to 14:30 | | | Birthday Parties 14:30 to 15:30 | | Pool Closed | | | | | | | | | | | | | | | | | |

Please note, this timetable may be subject to change. For any further updates, please visit: www.york-sport.com/timetables

Pool Information

Eight-lane 25m main pool has a depth of 1.2m through to 2m.
Temperature 28.2°C.

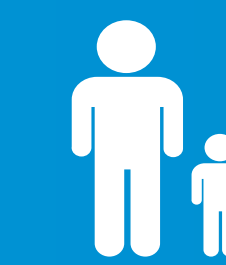
18m small pool has a depth of 0.8m through to 1.2m.
Temperature around 30°C.

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

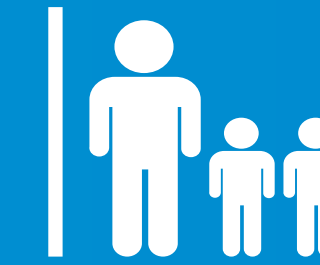
You can now pre-book Family Swim and Family Splash online using the Book Now button at www.york-sport.com

Please note, this timetable may be subject to change. For any further updates, please visit: www.york-sport.com/timetables

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



1 adult and 1 child 8+ years

Term dates 2025/26

Semester 2: 2 February 2026 to 5 June 2026

Vacation period:

Easter: 30 March 2026 to 10 April 2026

Term dates 2026/27

Semester 1: 21 September 2026 to 31 January 2027

Semester 2: 1 February 2027 to 6 June 2027

Vacation periods:

Winter: 19 December 2026 to 3 January 2027

Easter: 20 March 2027 to 4 April 2027

Scan to save



f YorkSport

in yorksport

@yorksport1

york-sport.com
info@york-sport.com

