

Main Pool Timetable (Monday 13 July to Sunday 19 July 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	1	MONDAY									
	2																																			2										
	3							3																																						
	4							4																																						
	5	Lane Swim 08:30 to 15:30																Tadcaster York Sport Swim Club 18:00 to 21:00							5																					
	6																								5																					
	7																								6																					
	8																								8																					
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	1	TUESDAY									
	2																																			2										
	3							Aqua 08:30 to 09:30		Lane Swim 08:30 to 15:30								Tadcaster York Sport Swim Club 17:00 to 19:30																				3								
	4																																					4								
	5																							5																						
	6																							6																						
	7																								7																					
	8																								8																					
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	1	WEDNESDAY									
	2																																			2										
	3							Lane Swim 08:30 to 15:30						Adult Learn to Swim 11:30 to 12:30																								3								
	4																																					4								
	5																									5																				
	6																									6																				
	7																								7																					
	8																								8																					
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	1	THURSDAY									
	2																																			2										
	3							Lane Swim 08:30 to 12:00						Aqua 12:00 to 13:00		Lane Swim 13:00 to 15:30				Tadcaster York Sport Swim Club 18:00 to 21:00																Adult Learn to Swim 20:00 to 22:00					3					
	4																																								4					
	5																									5																				
	6																									6																				
	7																								7																					
	8																								8																					
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	1	FRIDAY									
	2																																			2										
	3							Aqua 08:30 to 09:30		Lane Swim 09:30 to 15:30								School Swimming 12:30 to 14:30																				3								
	4																																					4								
	5																							5																						
	6																							6																						
	7																								7																					
	8																								8																					
SATURDAY	1	Pool Closed					Swimming Lessons 08:00 to 12:30										Open Swim 12:30 to 16:30						Pool Closed										1	SATURDAY												
	2																																2													
	3																																3													
	4																																4													
	5																					Lane Swim 12:30 to 16:30													5											
	6																																		6											
	7																																		7											
	8																																		8											
SUNDAY	1	Pool Closed					Lane Swim* 08:00 to 09:30			Open Swim 09:30 to 16:30												Pool Closed										1	SUNDAY													
	2																															2														
	3																															3														
	4																															4														
	5											Lane Swim 09:30 to 15:00																						5												
	6																																	6												
	7																																	7												
	8																																	8												
	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													

*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 13 July to Sunday 19 July 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							Pool Closed							Swimming Lessons 16:00 to 19:15							Pool Closed							1	MON
	2								2	3																												
	3								Family Swim 09:30 to 12:30														3															
TUE	1	Pool Closed							Swimming Lessons 09:30 to 12:30							Pool Closed							Swimming Lessons 16:00 to 19:15							Pool Closed							1	TUE
	2								2	3																												
	3								Family Swim 09:30 to 12:30														3															
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							1	WED
	2								2	3																												
	3								Family Swim 09:30 to 11:30														3															
THU	1	Pool Closed							Family Swim 09:30 to 12:30							Pool Closed							Swimming Lessons 16:00 to 19:15							Pool Closed							1	THU
	2								2	3																												
	3								3																													
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							1	FRI		
	2								2	3																												
	3								Family Swim 09:30 to 12:30							3																						
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													1	SAT	
	2						2	3																														
	3						3																															
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													1	SUN
	2										2	3																										
	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				

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

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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 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

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