

# Selby Leisure Centre: Pool sessions

## Selby Leisure Centre

Accurate as of 24/05/2018

(24-05-2018 - 30-05-2018)



Day	Time	Session	Facility
Thu	06:30 - 09:00	Casual Lanes Swim	Main Pool
Thu	09:00 - 10:00	Swim Fit	Main Pool
Thu	09:00 - 12:00	Casual Swim	Main Pool
Thu	09:15 - 10:00	Swim Tots (up to 12 months)	Teaching Pool
Thu	10:00 - 11:00	Parent and Child lesson (must prebook)	Teaching Pool
Thu	11:15 - 12:00	Swim Tots (up to 12 months)	Teaching Pool
Thu	12:00 - 13:00	Casual Swim	Teaching Pool
Thu	12:15 - 13:00	Aqua	Main Pool
Thu	13:00 - 15:00	Casual Swim (Half Pool)	Main Pool
Thu	13:00 - 15:00	School use only	Teaching Pool
Thu	15:00 - 16:00	Casual Swim	Main Pool
Thu	15:00 - 16:00	Casual Swim	Teaching Pool
Thu	16:00 - 18:00	Swimming Lessons	Main Pool
Thu	16:00 - 19:00	Swimming Lessons	Teaching Pool
Thu	18:00 - 21:00	Casual Swim (Half Pool)	Main Pool
Thu	19:00 - 20:00	Casual Swim	Teaching Pool
Thu	19:00 - 21:00	Tiger Sharks	Main Pool
Thu	20:00 - 22:00	Casual Lanes Swim	Main Pool
Fri	06:30 - 08:00	Triathlon Club	Main Pool
Fri	06:30 - 09:00	Adult Only Lane Swim	Main Pool
Fri	09:00 - 10:00	Casual Swim	Main Pool

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Facility</b>
Fri	09:15 - 10:00	Parent and Child lesson (must prebook)	Teaching Pool
Fri	10:05 - 10:50	Aqua	Main Pool
Fri	11:00 - 12:00	School use only	Teaching Pool
Fri	11:30 - 12:00	Adult Lessons	Main Pool
Fri	11:30 - 13:00	Casual Swim	Main Pool
Fri	12:00 - 13:00	Casual Swim	Teaching Pool
Fri	13:00 - 15:00	Casual Lane Swim (Half Pool)	Main Pool
Fri	13:00 - 15:00	School use only	Teaching Pool
Fri	15:00 - 16:00	Casual Swim	Teaching Pool
Fri	15:00 - 16:00	Casual Swim	Main Pool
Fri	16:00 - 18:30	Casual Swim (Half Pool)	Main Pool
Fri	16:00 - 19:00	Swimming Lessons	Teaching Pool
Fri	18:30 - 20:00	Casual Swim	Main Pool
Fri	19:00 - 20:00	Casual Swim	Teaching Pool
Fri	20:00 - 21:30	Adult Only Lane Swim	Main Pool
Sat	07:30 - 08:30	Casual Lanes Swim	Main Pool
Sat	08:30 - 12:00	Casual Swim (Half Pool)	Main Pool
Sat	08:30 - 12:00	Swimming Lessons	Teaching Pool
Sat	08:30 - 12:00	Swimming Lessons	Main Pool
Sat	12:00 - 15:00	Casual Swim	Teaching Pool
Sat	12:00 - 15:00	Casual Swim	Main Pool
Sat	15:00 - 16:00	Fun & Floats	Teaching Pool
Sat	15:00 - 16:00	Fun & Floats	Main Pool
Sat	16:00 - 17:00	Private hire	Teaching Pool
Sat	16:00 - 17:00	Private hire	Main Pool

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Facility</b>
Sun	07:30 - 13:00	Casual Swim	Main Pool
Sun	09:00 - 13:00	Casual Swim	Teaching Pool
Sun	13:00 - 14:00	Fun & Floats	Main Pool
Sun	13:00 - 14:00	Fun & Floats	Teaching Pool
Sun	14:15 - 15:15	Private hire	Main Pool
Sun	14:30 - 15:30	Private hire	Teaching Pool
Sun	15:30 - 17:00	Casual Swim	Teaching Pool
Sun	15:30 - 16:30	Casual Lanes Swim	Main Pool
Sun	15:30 - 17:30	Tiger Sharks	Main Pool
Mon	06:30 - 08:00	Triathlon Club	Main Pool
Mon	06:30 - 09:00	Casual Lanes Swim	Main Pool
Mon	09:00 - 11:00	Casual Swim	Main Pool
Mon	09:15 - 10:00	Swim Tots	Teaching Pool
Mon	10:00 - 11:00	Parent and Child lesson (must prebook)	Teaching Pool
Mon	11:00 - 12:00	Swim Tots	Teaching Pool
Mon	11:00 - 11:45	Aqua	Main Pool
Mon	12:00 - 13:00	Casual Swim	Main Pool
Mon	12:00 - 13:00	Casual Swim	Teaching Pool
Mon	13:00 - 15:00	School use only	Teaching Pool
Mon	13:00 - 16:00	Casual Swim (Half Pool)	Main Pool
Mon	15:00 - 16:00	Casual Swim	Teaching Pool
Mon	15:00 - 16:00	Swim Fit	Main Pool
Mon	16:00 - 18:00	Swimming Lessons	Main Pool
Mon	16:00 - 19:00	Swimming Lessons	Teaching Pool
Mon	18:00 - 20:00	Casual Swim	Main Pool

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Facility</b>
Mon	19:00 - 20:00	Casual Swim	Teaching Pool
Mon	19:00 - 21:00	Tiger Sharks	Main Pool
Mon	20:00 - 21:00	Casual Lane Swim (Half Pool)	Main Pool
Mon	21:00 - 22:00	Casual Lanes Swim	Main Pool
Tue	06:30 - 09:00	Casual Swim with Lanes	Main Pool
Tue	09:00 - 11:30	Casual Swim	Main Pool
Tue	09:15 - 10:00	Swim Tots	Teaching Pool
Tue	10:00 - 10:30	Parent and Child lesson (must prebook)	Teaching Pool
Tue	11:30 - 15:00	Casual Swim (Half Pool)	Main Pool
Tue	12:00 - 12:30	Adult Lessons	Main Pool
Tue	12:00 - 13:00	Casual Swim	Teaching Pool
Tue	13:00 - 15:00	School use only	Teaching Pool
Tue	15:00 - 16:00	Casual Swim	Main Pool
Tue	16:00 - 18:00	Swimming Lessons	Main Pool
Tue	16:00 - 19:00	Swimming Lessons	Teaching Pool
Tue	18:00 - 20:00	Casual Swim	Main Pool
Tue	19:00 - 20:00	Casual Swim	Teaching Pool
Tue	20:15 - 21:00	Aqua Aerobics	Main Pool
Tue	21:00 - 22:00	Casual Lanes Swim	Main Pool
Wed	06:30 - 09:00	Casual Swim with Lanes	Main Pool
Wed	09:00 - 10:00	Casual Swim	Teaching Pool
Wed	09:00 - 10:30	Casual Swim	Main Pool
Wed	10:00 - 10:30	Parent and Child lesson (must prebook)	Teaching Pool
Wed	10:30 - 16:00	Casual Lane Swim (Half Pool)	Main Pool
Wed	10:30 - 11:30	Adult Lessons	Main Pool

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Facility</b>
Wed	12:00 - 13:00	Casual Swim	Teaching Pool
Wed	12:00 - 13:00	Swim Fit	Main Pool
Wed	13:00 - 15:00	School use only	Teaching Pool
Wed	15:00 - 16:00	Casual Swim	Teaching Pool
Wed	16:00 - 18:00	Swimming Lessons	Main Pool
Wed	16:00 - 19:00	Swimming Lessons	Teaching Pool
Wed	18:00 - 19:00	Casual Swim (Half Pool)	Main Pool
Wed	19:00 - 20:00	Casual Swim	Teaching Pool
Wed	19:00 - 19:45	Aqua	Main Pool
Wed	20:00 - 21:00	Sub Aqua	Main Pool
Wed	21:00 - 22:00	Casual Lanes Swim	Main Pool