

Nidderdale Pool and Leisure Centre

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Accurate as of 29/04/2024

Times for Monday 19 August



Time	Session	Facility
07:30 - 09:15	General Swim Early Riser	Indoor Pool (20.0m)
09:15 - 10:15	Lane Swim	Indoor Pool (20.0m)
10:15 - 10:45	Learn to swim	Indoor Pool (20.0m)
10:45 - 12:00	General Swim	Indoor Pool (20.0m)
12:00 - 12:30	Adult Swimming Lessons	Indoor Pool (20.0m)
12:30 - 13:30	General Swim	Indoor Pool (20.0m)
13:30 - 14:30	NEW Relaxation Zone	Indoor Pool (20.0m)
14:30 - 16:15	Family Swim	Indoor Pool (20.0m)
16:30 - 18:00	Learn to swim	Indoor Pool (20.0m)
18:00 - 19:15	General Swim	Indoor Pool (20.0m)
19:15 - 20:00	Aquafit	Indoor Pool (20.0m)
20:00 - 21:00	Adults Only	Indoor Pool (20.0m)