

## Yoga

### Amanda Latchmore - Harrogate Yoga

www.harrogateyoga.com

Tel: 01423 565796

Beginners to Advanced in small group or 1 to 1 sessions.

### Judith Clint

Friends Meeting House, Queen Parade, Harrogate, HG1 5PP

Tel: 01423 873912

Email: judithclint@hotmail.com

Monday 7.30-9.00pm

Tuesday 7.30-9.00pm

Wednesday 9.45-11.15am & 7.30-9.00pm

### Yorkshire Yoga & Therapy Centre

9-10 Halfpenny Close, Knaresborough, HG5 0TG

Tel: 01423 864343

All types of Yoga classes for all ages and abilities.

Please ring for details.

### Zanna Dent

Email: zanna.dent@gmail.com

Tel: 01423 567262

Monday 7-8.30pm: Ashville Sports Centre, Yew Tree Lane  
Harrogate, HG2 9JP

Tuesday 7-8.30pm: Harlow Community Centre,  
Harlow Ave, Harrogate, HG2 0AS

EVERY EFFORT IS MADE TO ENSURE THE ACCURACY OF THIS INFORMATION BUT NO RESPONSIBILITY CAN BE ACCEPTED FOR ANY ERRORS OR OMISSIONS.

Tourist Information Centre  
Royal Baths  
Crescent Road  
Harrogate  
HG1 2RR

Telephone: 0845 389 3223  
E-mail: tic@harrogate.gov.uk

Full Update: March 2010  
Last amendment: 26 March 2010



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**For Sports Clubs & Associations see Clubs & Societies  
Information Sheet**

### **Harrogate Turkish Baths & Health Spa**

Parliament Street, Harrogate, HG1 2WH

Tel: 01423 556746

[www.harrogate.gov.uk/turkishbaths](http://www.harrogate.gov.uk/turkishbaths)

Restored to reflect their original intention in July 2004. Three interconnecting Hot Room Chambers, Steam Room, Plunge Pool, Jacuzzi. Entry cannot be guaranteed so pre-booking is strongly recommended. Winter Garden Lounge. Gift vouchers available.

Health Spa includes: Beauty Therapy, Dry Float Wraps, Massage, Reflexology & Reiki.

For Turkish Baths session times & treatment booking please telephone.

## Swimming Pools

Please see current timetables for opening hours.

### Hydro

Jennyfield Drive, Harrogate, HG1 2RP  
Tel: 01423 556767

8 lane 25 metre main pool. 13 metre teaching pool. Learner pool, activity pool, diving pool incl. moveable floor. Early birds/ladies only/adults only/50+ and fun sessions, swim squads, aquafit and diving. SDS (Swimming Development Scheme). Café, Creche.

### Knarborough Pool

King James Road, Knarborough, HG5 8EB  
Tel: 01423 860011

Leisure pool, 25m main pool, swimming classes, water flume, jacuzzi, early bird/ladies/adult only sessions, fun sessions, aquafit, aquababes, swim squads. SDS (Swimming Development Scheme). Accessible for non ambulant customers. Waterfront café.

### Nidderdale Pool

Low Wath Road, Pateley Bridge, HG3 5HL  
Tel: 01423 711442

20m pool, adult swim lessons, early birds/adults only & ladies only sessions, 50+ swim, aquafit, aquababes. SDS (Swimming Development Scheme).

### Ripon Spa Baths

Park Street, Ripon, HG4 2BD  
Tel: 01765 603383

22.5m pool, swimming lessons, early birds, aquafit, ladies/adult only sessions, fun sessions, aquababes, scuba diving. SDS (Swimming Development Scheme). Accessible for non ambulant customers. The Battenburg Health Suite with wooden sauna, solarium, sanarium and sunbed.

### Starbeck Baths

Spa Lane, Starbeck, Harrogate, HG2 7JF  
Tel: 01423 883155

18m pool, aqua fit, swimming classes, ladies/adult only sessions, fun sessions, aquafit, aquababes, 50+ swimming. SDS (Swimming Development Scheme).

## Alternative Therapies

### Harrogate Health & Happiness Centre

15 East Parade, Harrogate, HG1 5LF  
Tel: 01423 545488  
www.harrogatehealthhappiness.com  
Healing, Thai Wat Po Massage, life coaching, homeopathy.

### Kanchana

C/O Harrogate Health & Happiness Centre, 15 East Parade, Harrogate, HG1 5LF  
Tel: 07855 924215  
www.kanchana.co.uk  
Thai massage and reflexology.  
Open daily except Thursday.

### Lavender Court

Anna-Louise Haigh,  
15 Montpellier Parade, Harrogate, HG1 2TG  
Tel: 01423 500494  
www.anna-louisehaigh.com  
Appointments only. Tuesday to Friday 10.00 - 20.00

### Pilates Centre

7-9 Cambridge Road, Harrogate, HG1 1PB  
Tel: 07738 479133  
www.harrogatepilatescentre.com

### Ripon Natural Health Centre

27 Market Place, Ripon, HG4 1BN  
Tel: 01765 601447  
www.riponnaturalhealth.co.uk  
Appointments only

### Traditional Chinese Acupuncture

Kath Tuck DipAc MBACc RGN NDN  
4 Victoria Avenue  
Harrogate  
Tel: 01423 524140 or 07736 000545

## Games in the Park

### Valley Gardens, Harrogate

Pitch & putt golf-18 Holes, crazy golf-18 holes, disc golf-9 holes, 4 tennis courts, table tennis, paddling pool, boating lake.  
Tel: 01423 504341

### Conyngham Hall, Knaresborough

Pitch & putt golf-18 holes, putting-18 holes, crazy golf-9 holes, 2 tennis courts  
Tel: 07525 988013

### Castle Yard, Knaresborough

Crown Green Bowling, putting-18 holes

### Spa Gardens, Ripon

Putting-18 holes, 3 tennis courts, Flat Green Bowling, crazy golf-9 holes.

Games season is 26th March 2010 to the 3rd October 2010.

All opening hours subject to weather conditions. Bookings can be made with the attendant at each site.

Winter tennis keys. Pre-book for winter playing.

## Sport and Leisure Centres

### Knaresborough Community Centre

Stockwell Avenue, Knaresborough, HG5 0LG  
Tel: 01423 862702

Weekly activities - aerobics, youth club (Friday night 8-13 yrs), senior citizen groups (luncheon and social group Weds), holiday playschemes, .

### Nidderdale Pool & Leisure Centre,

Low Wath Road, Pateley Bridge, HG3 5HZ  
Tel: 01423 711442

Sports hall for badminton, squash courts, cricket nets, tennis, athletics and football coaching, netball, body conditioning, circuits, hatha yoga and gymnastics. Open daily.

### Ripon Leisure Centre

Dallamires Lane, Ripon, HG4 1TT  
Tel: 01765 601353

Sports hall & arts hall hire. Workout classes, badminton, table tennis, football, gymnastics coaching, tea dance & beginners class, bar and lounge, meeting room and crèche Mon-Fri. Open daily.

### Rossett Sports Centre,

Pannal Ash Road, Harrogate, HG2 9JP  
Tel: 01423 505455

Open evenings, weekends & school holidays. Synthetic pitch, sports hall, gymnasium, squash, badminton, table tennis, netball courts, tennis court, Aikido, football coaching, cricket nets, trampolining, circuits, boxercise, girl's soccer. Many local sports clubs are based here.

### Look out for the 'Holiday Hotspots'

Leaflets giving details of children's activities throughout the school holidays.

**Boroughbridge Sports Centre**

Wetherby Road, Boroughbridge, YO51 9HS

Tel: 01423 556711 (For council-run activities & booking) 01423 323505  
(other activities & booking)

6 Badminton courts, sports hall for netball, hockey, basketball, short tennis, 5 cricket nets, 2 squash courts. 3 outdoor tennis courts and 3 outdoor netball courts. Also astroturf floodlit pitch for 5-a-side football. Snacks and drinks available. **Council-run activities:** Football coaching, gymnastics (booking essential) Open Monday to Friday evenings, Saturday, from 09.00 for pre-bookings. Sunday closed.

**Fairfax Community Centre**

Fairfax Ave, Harrogate, HG2 7RU

Tel: 01423 883614

Weekly activities - playgroups, youth club, luncheon club, holiday play activities, bingo, Socratots, exercise classes, HALO leisure club (social group for adults with disabilities), computer suite.

**Granby Sport and Play Development Centre**

Ainsty Road, Harrogate, HG1 4AP

Tel: 01423 556745 (Joanne Armstrong - Sport & Play Development Officer)  
Coaching in football, netball, after school club for 8-12 years, cheerleading, sports hall athletics. Council-run, booking essential. Open Monday to Friday evenings and school holidays.

**Harrogate Climbing Centre**

Hornbeam Park Avenue, Hornbeam Park, Harrogate, HG2 8QT

Tel: 01423 815024

[www.harrogateclimbingcentre.com](http://www.harrogateclimbingcentre.com)

Indoor climbing centre - taster sessions, beginners and advanced courses. Membership and packages available. Children and youth sessions, corporate bookings. Onsite shop and café. Open Monday to Friday 10.00 to 22.00, Saturday 10.00 to 20.00 and Sunday 10.00 to 18.00.

**Jennyfield Styan Community Centre**

Grantley Drive, Harrogate, HG3 2XU

Tel: 01423 556731 / 521667

Weekly activities – Keep fit, dance, youth club, holiday playschemes, karate, Tai Chi, yoga, sports hall, badminton court, carpet bowls, lunch club, monthly dance, 50+ Group, MS Group,

**The Academy**

Oakdale Place, Harrogate, HG1 2LA

Tel: 01423 524052

[www.theacademy.co.uk](http://www.theacademy.co.uk)

Members only, gym, dance studios & classes, swimming pool, sauna, jacuzzi, beauty treatment & health spa, café, indoor & outdoor tennis courts & crèche.

**The Atrium-Health & Leisure**

River View Road, Ripon, HG4 1JJ

Tel: 01765 690406

Open daily. Indoor pool, spa, sauna, gym, outdoor tennis court and coffee lounge. Members only.

**Brimhams Fitness Centre**

The Hydro, Jennyfield Drive, Harrogate, HG1 2RP

Tel: 01423 556775

Gym, workout classes, crèche, swimming pool, kinesis studio & dance Studio.

**Brimhams Fitness Centre-Nidderdale**

Nidderdale Pool & Leisure Centre

Low Wath Road, Pateley Bridge, HG3 5HZ

Tel: 01423 711442

Swimming Pool, gym, fitness studio, workout classes.

**Brimhams Fitness Centre-Ripon**

Ripon Leisure Centre, Dallamires Lane, Ripon, HG4 1TT

Tel: 01765 606346/601353

Gym, fitness studio, workout classes, Teen Tone Zone (fully supervised workout sessions for 2-16yr olds) crèche.

New weights room opening April 2010

**Gambaru Fitness**

Baines House, 17 Station Parade, Harrogate, HG1 1EP

Tel: 01423 565330

[www.gambarufitness.com](http://www.gambarufitness.com)

Gym, fitness classes, 'free weights' room, sauna & sunbeds.

**Gymophobics**

1 King Edwards Drive, Harrogate, HG1 4HA

Tel: 01423 536102

[www.gymophobics.co.uk/harrogate](http://www.gymophobics.co.uk/harrogate)

Unique 30 minutes circuit - ladies only.

## Gyms and Fitness Clubs

### Harrogate Squash & Fitness Centre

Hookstone Wood Road, Harrogate, HG2 8PN

Tel: 01423 536464

[www.harrogatesfc.co.uk](http://www.harrogatesfc.co.uk)

4 squash courts, gym, fitness classes, bar, coffee lounge, squash shop. Members only. Non members welcome to the fitness classes.

### Intrim Health & Fitness & AJ's Female Toning Centre

3 Queen Street, Ripon, HG4 1EG

Tel: 01765 603880

Gym, spin classes, sauna and sunbed. Open to non-members

### Ladies Workout Express

1st Floor, Parliament House, 8 Parliament Terrace, Harrogate, HG1 2QY

Tel: 01423 709852

[www.ladiesworkoutexpress.com/harrogate](http://www.ladiesworkoutexpress.com/harrogate)

30 minute circuits specially designed for women.

### Nuffield Health, Fitness & Wellbeing Centre

Hornbeam Park Road, Harrogate, HG2 8RA

Tel: 01423 810858 - Members, 0845 241 3847 - Enquiries

[www.cannons.co.uk/our-clubs/harrogate](http://www.cannons.co.uk/our-clubs/harrogate)

Members only. Large gym, swimming pool, studios, fitness classes, sauna, steam room, spa, health & beauty, crèche, licensed café bar and lounge.

### Yorkshire Centre for Wellbeing

40 Duchy Road, Harrogate, HG1 2ER

Tel: 01423 524893 / 07901 792989

[www.yorkshirewellbeing.co.uk](http://www.yorkshirewellbeing.co.uk)

Pilates, vibration training, yoga, sports massage and Reiki.

## Hotels with Leisure Facilities

### Barcelo Harrogate Majestic Hotel - Barcelo Health & Leisure Club

Ripon Road, Harrogate, HG1 2HU

Leisure Club Tel: 01423 700333

Health & Beauty Tel: 01423 700310

Open Monday to Friday 06.30-22.00 & Saturday & Sunday 07.00-21.00.

Indoor heated pool, sauna, solarium, beauty therapy, jacuzzi, gym.

Pamper days available. Aerobics classes, membership available. Open to non-residents. Please contact for further information and prices.

### St George Hotel - Advantage Health Club

1 Ripon Road, Harrogate, HG1 2SY

Tel: 01423 707604

Daily from 07.00 to 21.00. Indoor heated pool, sauna, steam room, solarium, jacuzzi, gym, weights room, beauty treatments. Membership Available. Open to non-residents.

Telephone for prices.

### Dower House Hotel - Corniche Leisure Club

Bond End, Knaresborough, HG5 9AL

Tel: 01423 860111

Monday to Friday 06.30-21.30. Saturday/Sunday & Bank Hols 08.00-20.00. Indoor heated pool, jacuzzi, sauna, steam room, gym, bar & lunches. Open to residents, members & non-members. Pre-book for day visits.