

Working for you

The Hydro

Jennyfield Drive, Harrogate HG1 2RP

20 APRIL – 20 JULY

ACTIVITY POOL (DEPTH 0 – 4M)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCHOOLS 9.00 – 12.00pm		PRE/POST NATAL AQUAFIT 10.00 – 10.45am FROM 20 MAY	ADULT SWIMMING LESSONS 10.00 – 11.00am	**50+ AQUAFIT 9.15 – 10.00am	*S.D.S. 8.30 – 11.00am	*S.D.S. 8.30 – 10.30am
				**AQUAFIT 10.15 – 11.00am	**WATER WALKERZ 11.15 – 12.30pm	**WATER WALKERZ 10.45 – 12.15pm
**EASY AQUA 1.15 – 2.00pm	DISABLED SWIM 12.00 – 1.30pm	SCHOOLS 11.30 – 12.30pm	DISABLED SESSION 11.00 – 12.30pm	SCHOOLS 1.30 – 3.30pm	GENERAL DIVING 12.45 – 3.00pm	GENERAL DIVING 12.30 – 2.00pm
STAFF TRAINING 2.30 – 4.00pm	SCHOOLS 1.30 – 4.00pm	**AQUAFIT 12.30 – 1.15pm	SCHOOLS 1.30 – 4.00pm	*S.D.S. 4.00 – 6.30pm	+FUN SESSION 3.15 – 4.45pm	DIVING SQUADS 2.00 – 6.30pm
*S.D.S. 4.00 – 5.00pm	*S.D.S. 4.00 – 5.00pm	**EASY AQUA 1.15 – 2.00pm	LEARN TO DIVE/ DIVING SQUADS 4.00 – 8.00pm	GENERAL SWIM 6.45 – 8.15pm	PARTY HIRE 5.00 – 6.00pm	
LEARN TO DIVE/DIVING SQUADS 5.00 – 8.00pm	LEARN TO DIVE/ DIVING SQUADS 5.00 – 8.00pm	*S.D.S. 4.00 – 5.00pm	SUB AQUA 8.00 – 9.00pm		STAFF TRAINING 6.00 – 7.30pm	
		LEARN TO DIVE/ DIVING SQUADS 5.00 – 8.00pm				
ADULT DIVING LESSONS/ MASTERS 8.00 – 9.00pm	**AQUAFIT 8.15 – 9.00pm	ADULT DIVING LESSONS/ MASTERS 8.00 – 9.00pm				

*S.D.S. – Harrogate Borough Council's Swimming Development Scheme **Booking required +For children under 16 years and accompanying adults
Please note Single Sex Changing Rooms are closed for cleaning from 1.00 – 3.00pm every Wednesday

MAIN POOL (DEPTH 1 – 1.8M)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY BIRDS 7.30 – 9.00am					◆ EARLY BIRDS/ SWIM SQUADS 7.00 – 8.30am	EARLY BIRDS 7.00 – 9.00am
SCHOOLS 9.00 – 12.00pm		50+ 9.00 – 10.00am	GENERAL SWIM 9.00 – 12.00pm	50+ 9.00 – 10.00am	*S.D.S. 8.30 – 11.00am	GENERAL SWIM 9.00 – 2.00pm
LANE/GENERAL SWIM 12.00 – 1.30pm		* WOMEN ON WEDNESDAY 10.00 – 12.00pm	GENERAL SWIM/ LANE SWIM 12.00 – 1.30pm	GENERAL SWIM 10.00 – 12.00pm	GENERAL SWIM/ *S.D.S. 11.00 – 12.00pm	+ FUN SESSION 2.15 – 3.45pm
50+ 1.30 – 2.30pm	SCHOOLS 1.30 – 4.00pm	LANE/GENERAL SWIM 12.00 – 1.30pm	SCHOOLS 1.30 – 4.00pm	LANE SWIM/ GENERAL SWIM 12.00 – 1.30pm	GENERAL SWIM 12.00 – 3.00pm	PARTY HIRE 4.00 – 6.00pm
STAFF TRAINING 2.30 – 4.00pm	*S.D.S. 4.00 – 5.00pm	GENERAL SWIM 1.30 – 4.00pm	*S.D.S. 4.00 – 5.00pm	SCHOOLS 1.30 – 4.00pm	+ FUN SESSION 3.15 – 4.45pm	SWIM SQUADS 6.15 – 7.30pm
*S.D.S. 4.00 – 6.00pm	SWIM SQUADS 5.00 – 6.00pm	*S.D.S./SWIM SQUADS 4.00 – 6.00pm	SWIM SQUADS 5.00 – 7.00pm	*S.D.S. 4.00 – 6.30pm	PARTY HIRE 5.00 – 6.00pm	
SWIM SQUADS 6.00 – 8.30pm	GENERAL SWIM/SWIM SQUADS 6.00 – 7.30pm	GENERAL SWIM/ SWIM SQUADS 6.00 – 8.30pm	◆ GENERAL SWIM 7.00 – 8.00pm	GENERAL SWIM 6.45 – 8.15pm	STAFF TRAINING 6.00 – 7.30pm	
ADULTS ONLY/ SWIM SQUADS 8.30 – 9.30pm	ADULT LESSONS/ LANE SWIM 7.30 – 8.30pm	* WOMEN ONLY 8.30 – 9.30pm	LANE SWIM/ SUB AQUA 8.00 – 9.00pm			
	ADULTS ONLY 8.30 – 9.30pm					

*S.D.S. – Harrogate Borough Council's Swimming Development Scheme +For children under 16 years and accompanying adults ◆Swim Squads may require 4 lanes during this session
★ During these sessions, there may be male lifeguards on duty Please note Single Sex Changing Rooms are closed for cleaning from 1.00 – 3.00pm every Wednesday

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TEACHING POOL (DEPTH 0.6 - 0.9M)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCHOOLS 9.00 – 12.00pm		*S.D.S. 9.00 – 2.00pm	*S.D.S. 9.30 – 12.30pm	*S.D.S. 9.15 – 10.15am	*S.D.S. 8.30 – 12.00pm	*S.D.S. 8.30 – 10.30am
GENERAL SWIM 12.00 – 1.00pm	GENERAL SWIM 12.00 – 1.30pm	GENERAL SWIM 2.00 – 3.30pm	GENERAL SWIM 12.30 – 1.30pm	GENERAL SWIM 10.15 – 1.30pm	GENERAL SWIM 12.00 – 3.00pm	GENERAL SWIM 10.30 – 2.00pm
*S.D.S. 1.00 – 2.30pm	SCHOOLS 1.30 – 3.00pm		SCHOOLS 1.30 – 3.30pm	SCHOOLS 1.30 – 3.30pm	+FUN SESSION 3.15 – 4.45pm	+FUN SESSION 2.15 – 3.45pm
STAFF TRAINING 2.30 – 4.00pm	*S.D.S. 3.30 – 6.00pm				PARTY HIRE 5.00 – 6.00pm	
*S.D.S. 4.00 – 7.00pm	GENERAL SWIM 6.30 – 8.00pm			GENERAL SWIM 6.45 – 8.15pm		

*S.D.S. – Harrogate Borough Council's Swimming Development Scheme +For children under 16 years and accompanying adults
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EVENTS DIARY

DATE	EVENT	POOL/S	CLOSURE TIME
25 APRIL	Harrogate District Swimming Club Spring Open Meet	All pools	All day (S.D.S. will run as normal)
26 APRIL	Harrogate District Swimming Club Spring Open Meet	All pools	All day
9 MAY	Hydro Novices Diving Competition	Activity Pool	All day
10 MAY	Hydro Novices Diving Competition	Activity Pool	All day
20 JUNE	Harrogate B Grade Swimming Gala	All pools	All day
21 JUNE	Harrogate B Grade Swimming Gala	All pools	All day

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