

Working for you

## KNARESBOROUGH POOL

King James Road, Knaresborough HG5 8EB Tel: **01423 860011**  
 email: [knaresboroughpool@harrogate.gov.uk](mailto:knaresboroughpool@harrogate.gov.uk)

# MAIN POOL

Monday†	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Birds</b> 7.30 – 9.00am						<b>Staff Training</b> 26 July & 9, 23 August 8.30 – 9.45am
<b>Adults Only</b> 9.00 – 10.00am	<b>50 +</b> 9.00 – 10.55am	<b>Women Only</b> 9.00 – 10.00am (1 lane used for ★ S.D.S./Private Lessons)	<b>Adults Only</b> 9.00 – 10.00am (1 lane used for ★ S.D.S./Private Lessons)	<b>Adults only</b> 9.00 – 10.00am (1 lane used for ★ S.D.S./Private Lessons)	<b>Swim Squads</b> 9.00 – 10.00am ▲	
<b>General Swim</b> 10.00 – 2.00pm	<b>General Swim</b> 11.00 – 2.00pm	<b>General Swim</b> 10.00 – 2.00pm	<b>General Swim</b> 10.00 – 2.00pm	<b>General Swim</b> 10.00 – 2.00pm	<b>General Swim</b> 10.00 – 3.15pm	<b>General Swim</b> 26 July & 9, 23 August 10.00 – 2.15pm <b>General Swim</b> 2, 16, 30 August 9.00 – 2.15pm
❁ <b>Fun Session</b> 2.15 – 3.45pm						<b>Adults Only</b> 2.15 – 3.15pm
★ <b>S.D.S. Intensive Lessons/Private Lessons</b> w/c Tuesday 21 July, w/c 27 July, w/c 10 August 4.00 – 5.00pm <b>NPLQ Course</b> w/c 3 August, 4.00 – 5.00pm <b>Snorkelling Course</b> w/c 17 August 4.00 – 5.00pm <b>Staff Training</b> w/c 24 August 4.00 – 5.00pm						
<b>Swim Squads</b> ♦ 5.00 – 8.00pm	<b>General Swim</b> 5.00 – 7.00pm Lane Swim available 6.00 – 7.00pm	<b>Swim Squads</b> ▲ 5.00 – 6.00pm	<b>General Swim</b> 5.00 – 7.00pm Lane Swim available 6.00 – 7.00pm	<b>General Swim</b> 5.00 – 7.00pm	<b>Party Hire</b> 26 July & 2, 23, 30 August 5.30 – 7.30pm <b>NPLQ Course</b> 9, 16 August 5.15 – 7.30pm	
		<b>General Swim</b> 6.00 – 7.00pm				
<b>Adults Only</b> 8.00 – 9.00pm	<b>Women Only</b> 7.00 – 8.00pm Lane Swim available	<b>Aquafit</b> 7.00 – 7.45pm	<b>Adults Only</b> 7.00 – 8.00pm Lane Swim available	Please note that the slide will close at 6.30pm each day		<b>BANK HOLIDAY</b> <b>MONDAY 31 AUGUST</b> <b>Early Birds</b> 7.30 – 9.00am <b>General Swim</b> 9.00 – 1.00pm <b>POOL CLOSURES AT 1.00PM</b>
		<b>Adults Only</b> 7.45 – 9.00pm				

❁ For children under 16 years and accompanying adults – no adults allowed on the inflatable.  
 ▲ This session reverts to a General Swim from 16 August – 1 September. † Monday 20 July, normal term time programme applies.  
 ★ S.D.S. is Harrogate Borough Council's Swimming Development Scheme. ♦ This session reverts to a General Swim from 3 August – 1 September.

WATER FLUME

BUBBLE POOL

WATERFRONT CAFÉ

CAR PARKING

FAMILY CHANGING ROOMS

KNARESBOROUGH HARROGATE BOROUGH COUNCIL

Working for you

## LEISURE POOL

Monday †	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
★ S.D.S. Intensive Lessons 9.00 – 10.00am					General Swim 9.00 – 3.15pm	General Swim 2, 16, 30 August 9.00 – 2.15pm General Swim 26 July & 9, 23 August 10.00 – 2.15pm
General Swim 10.00 – 2.00pm	Aquababes 10.00 – 10.55am General Swim 11.00 – 2.00pm	General Swim 10.00 – 2.00pm		Adults Only 2.15 – 3.15pm		
♣ Fun Session 2.15 – 3.45pm						
General Swim 5.00 – 7.30pm	★ S.D.S. Intensive Lessons – 21 July only 4.00 – 5.00pm			♣ Fun Session 3.30 – 5.00pm		
	General Swim 5.00 – 7.00pm	General Swim 6.00 – 7.00pm	General Swim 5.00 – 7.00pm	Party Hire 5.30 – 7.30pm NOTE: NPLQ Course 15, 16 August 5.15 – 7.30pm		
★ S.D.S. Intensive Lessons – please enquire at reception for details. ♣ For children under 16 years and accompanying adults. † Monday 20 July, normal term time programme applies. Please note that the slide will close at 6.30pm each day.					<b>BANK HOLIDAY MONDAY 31 AUGUST</b> General Swim 9.00 – 1.00pm <b>POOL CLOSURES AT 1.00PM</b>	

! We operate a 'NO SHOES' policy in the Changing Area (Shoe covers available at reception)



BOROUGH HARROGATE