

# THE HYDRO

JENNYFIELD DRIVE, HARROGATE HG1 2RP • TEL: 01423 556767

ACTIVITY POOL  
MAIN POOL  
TEACHING POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Staff Training 7.15 - 8.45am		
Teenage Fit Camp 9.00 - 10.00am				^50+ Aquafit 9.15 - 10.00am	*S.D.S. 8.30 - 11.00am	*S.D.S. 8.30 - 10.30am
Inflator Fun 10.00 - 11.00am				^Aquafit 10.15 - 11.00am		
Diving Courses 11.00 - 12.00pm					Water Walkerz 11.15 - 12.30pm	Water Walkerz 10.45 - 12.15pm
	Disabled Swim 12.15 - 1.45pm	^Aquafit 12.30 - 1.15pm	Disabled Swim 12.15 - 1.30pm	Pre/Post Natal Aquafit 12.15 - 1.00pm	General Diving 1.00 - 3.00pm	General Diving 12.30 - 2.00pm
^Easy Aqua 1.15 - 2.00pm			Private Hire 1.30 - 3.00pm	General Diving 1.15 - 3.00pm		Diving Squads 2.00 - 6.30pm
Fun Session 3.15 - 4.45pm (for children under 16 years and accompanying adults)						
Diving Squads 5.00 - 9.00pm	Diving Squads 5.00 - 8.00pm ^Aquafit 8.15 - 9.00pm	Diving Squads 5.00 - 9.00pm	Diving Squads 5.00 - 8.00pm Sub Aqua 8.00 - 9.00pm	General Diving 6.45 - 8.00pm ^BOOKING REQUIRED	Party Hire 5.00 - 6.00pm Staff Training 6.00 - 7.30pm	*S.D.S. is Harrogate Borough Council's Swimming Development Scheme
Early Birds 7.30 - 9.00am				Early Birds/Swim Squads 7.00 - 8.30am		
^50+ 9.00 - 10.00am	^Adults Only 9.00 - 10.00am	^Women on Wednesday 9.00 - 10.00am	^50+ 9.00 - 10.00am		*S.D.S. 8.30 - 11.00pm	General Swim 9.00 - 2.00pm
General Swim 10.00 - 12.00pm						
Adults Only/Adults Only Lane Swim 12.00 - 1.30pm					General Swim 11.00 - 3.00pm (2/3 of pool 11.00 - 12.00pm)	+ Fun Session 2.15 - 3.45pm
General Swim 1.30 - 3.00pm						
+ Fun Session 3.15 - 4.45pm						
	Swim Squads 5.00 - 6.00pm		Swim Squads 5.00 - 7.00pm	Swim Squads/ General Swim 5.00 - 6.30pm	Party Hire 5.00 - 6.00pm	Party Hire 4.00 - 6.00pm
Swim Squads 5.00 - 8.30pm	General Swim/Swim Squads 6.00 - 7.30pm	General Swim/Swim Squads 6.00 - 7.00pm			Staff Training 6.00 - 7.30pm	
	General Swim 7.30 - 8.30pm	General Swim/Lane Swim 7.00 - 8.30pm	General Swim 7.00 - 8.00pm	General Swim 6.30 - 8.15pm		
Adults Only/Swim Squads 8.30 - 9.30pm	Adults Only 8.30 - 9.30pm	Women Only 8.30 - 9.30pm	Lane Swim/Sub Aqua 8.00 - 9.00pm	+ For children under 16 years and accompanying adults		^BOOKING REQUIRED
Swimming Development Scheme Holiday Courses 9.00 - 10.00am (please ask at Reception for details)					*S.D.S. 8.30 - 12.00pm	*S.D.S. 8.30 - 10.30am
General Swim 10.00 - 3.00pm					General Swim 12.00 - 3.00pm	General Swim 10.30 - 2.00pm
*Fun Session 3.15 - 4.45pm						+ Fun Session 2.15 - 3.45pm
					Party Hire 5.00 - 6.00pm	+ For children under 16 years and accompanying adults
	General Swim 6.00 - 7.30pm				Staff Training 6.00 - 7.30pm	

General Swim - Adult £3.95, Child £1.95, Concessions £2.80/£1.40, Family Ticket £10.80.  
Fun Session - Adult £3.95, Child £3.15. For details of our other sessions, please contact the pool.