



# Heworth Leisure Centre - Term Time Pool Programme

Updated 07.01.25 Subject to change.

Swim for All
Lane swim
Drop in swimming session restricted to stated user groups

Swim Lessons

School Swim Lessons

Aquatic Fitness Classes

Clubs

Closed

Where Small pool shows 'Half pool' this pool is shared with Duckling lessons for four-year-olds

	MONDAY	06:30	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00			
Heworth	Lane 1																		
	Lane 2					Schools				Schools									
	Lane 3																		
	Lane 4													Lessons		Adults	Club		
	Small pool					Schools				Schools				Half pool					
Heworth	Lane 1					Schools				Schools									
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Small pool					Schools				Schools				Stage 1-7					
Heworth	Lane 1				Aquafit		Schools				Schools								
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Small pool					Schools				Schools				Stage 1-7					
Heworth	Lane 1					Schools				Schools									
	Lane 2																		
	Lane 3					Aquafit													
	Lane 4																		
	Small pool					Schools				Schools				GAWASC Masters					
Heworth	Lane 1					Schools				Schools									
	Lane 2																		
	Lane 3																		
	Lane 4																		
	Small pool					Schools				Schools				Aquafit					
Heworth	Lane 1																		
	Lane 2																		
	Lane 3					Stage 1-7 Lessons				Club									
	Lane 4																		
	Small pool					Stage 1-7 Lessons				Club									
Heworth	Lane 1											SEND Family Swim							
	Lane 2																		
	Lane 3					Half pool													
	Lane 4																		
	Small pool					Half pool								Stage 1-7 Lessons					