

Main Pool - Holiday

Ryedale Swim and Fitness Centre

FAMILY AND FUN

DAY	TIME	SESSION
Monday	10:30 - 12:00	Family Fun Swim
	13:30 - 14:30	Swim 4 Everyone
	14:30 - 15:45	Young at Heart
	17:30 - 19:00	Swim 4 Everyone
Tuesday	09:00 - 10:00	Swim 4 Everyone (half pool)
	10:00 - 12:00	Family Fun Swim
	13:30 - 15:45	Swim 4 Everyone
	17:30 - 19:00	Family Fun Swim £1:10
Wednesday	09:00 - 10:00	Swim 4 Everyone (half pool)
	10:15 - 11:15	Wet & Wild
	13:30 - 14:30	Family Fun Swim
	14:30 - 15:45	Swim 4 Everyone
Thursday	09:00 - 10:00	Swim 4 Everyone (half pool)
	10:00 - 12:00	Family fun Swim
	14:30 - 15:45	Swim 4 Everyone
	17:30 - 19:00	Swim 4 Everyone
Friday	09:00 - 10:00	Swim 4 Everyone (half pool)
	10:00 - 12:00	Family fun Swim
	13:30 - 15:45	Swim 4 Everyone
Saturday	08:30 - 09:30	Swim 4 Everyone
	13:00 - 14:00	Swim 4 Everyone
	14:15 - 15:15	Wet & Wild

Timetable correct as at July 2017.

Please check **www.everyoneactive.com** for any timetable changes.

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DAY	TIME	SESSION
Sunday	08:30 - 09:30	Swim 4 Everyone
	09:30 - 11:30	Swim 4 Everyone (half pool)
	11:30 - 13:00	Family Fun Swim
	14:00 - 16:00	Swim 4 Everyone

FITNESS AND HEALTH

DAY	TIME	SESSION
Monday	07:00 - 09:00	Swim 4 Fitness
	12:00 - 13:30	Swim 4 Fitness
	20:00 - 21:30	Swim 4 Fitness
Tuesday	07:00 - 09:00	Swim 4 Fitness
	12:00 - 13:30	Swim 4 Fitness
	20:00 - 21:30	Swim 4 Fitness
Wednesday	07:00 - 09:00	Swim 4 Fitness
	12:00 - 13:30	Swim 4 Fitness
Thursday	07:00 - 09:00	Swim 4 Fitness
	12:00 - 13:30	Swim 4 Fitness
	20:00 - 21:30	Swim 4 Fitness
Friday	07:00 - 09:00	Swim 4 Fitness
	12:00 - 13:30	Swim 4 Fitness
	20:00 - 21:00	Swim 4 Fitness
Saturday	12:00 - 13:00	GP Referral (Dementia friendly)
Sunday	13:00 - 14:00	Swim 4 Fitness

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WATER WORKOUTS

DAY	TIME	SESSION
Monday	19:00 - 20:00	Aqua Class
Thursday	13:30 - 14:30	Aqua Class

HIRE

DAY	TIME	SESSION
Saturday	15:30 - 16:30	Private Hire
	16:30 - 17:30	Private Hire

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