

HOLMFIRTH POOL

Monday

7.30 - 9.00 Length Swim
9.00 - 10.00 Public Swim
10.00 - 10.45 Aqua Fit
11.00 - 12.00 Ducklings Lessons
12.00 - 13.00 Length Swim
13.00 - 13.45 Aqua Med
13.45 - 14.30 Aqua Med+
14.30 - 15.30 Closed
15.30 - 17.00 Public Swim
17.00 - 18.30 Junior Lessons
18.45 - 19.30 Aqua Fit
19.30 - 20.15 Aqua Fit - Deep Water
20.30 - 21.15 Triathlon
21.15 - 22.15 Length Swim

Tuesday

7.30 - 9.00 Length Swim
9.00 - 10.30 Mainly Ladies
10.30 - 11.30 Public Swim
12.00 - 13.00 Length Swim
13.00 - 13.45 Aqua Babes
13.45 - 14.45 Ducklings Lessons
14.45 - 15.30 Aqua Med
16.00 - 18.00 Junior lessons
18.00 - 19.00 Public Swim
19.00 - 21.00 Club Swim
21.00 - 22.00 Length Swim

Wednesday

7.30 - 9.00 Length Swim
9.00 - 12.00 Schools
12.00 - 13.00 Length Swim
13.00 - 16.00 Schools
16.00 - 18.00 Junior Lessons
18.00 - 19.00 Public Swim
19.00 - 19.45 Aqua Fit
19.45 - 20.30 Adult Lessons
20.30 - 21.15 Swim Fit
21.15 - 22.00 Length Swim

Thursday

7.30 - 9.00 Length Swim
9.00 - 10.00 Public Swim
10.00 - 11.00 Aqua Babes
11.00 - 11.45 Aqua Med
12.00 - 13.15 Length Swim
13.15 - 14.00 Adult Lessons
14.00 - 14.45 Aqua Fit
15.00 - 16.00 Adult Public Swim
16.00 - 18.00 Junior Lessons
18.00 - 19.00 Public Swim
19.00 - 21.00 Club Swim
21.00 - 22.00 Length Swim

Friday

7.30 - 9.00 Length Swim
9.00 - 12.00 Schools
12.00 - 13.00 Length Swim
13.00 - 16.00 Schools
16.00 - 17.00 Public Swim
17.00 - 18.00 Fun Swim
18.00 - 18.45 Triathlon
18.45 - 19.45 Club Swim

Saturday

8.00 - 14.00 Junior Lessons
14.00 - 15.00 Length Swim
15.00 - 16.00 Fun Swim
16.00 - 17.00 Public Swim
17.00 - 18.00 Private Hire/Parties

Sunday

9.00 - 10.00 Length Swim
10.00 - 11.00 Fun Swim
11.00 - 12.00 Public Swim
12.00 - 13.00 Fun Swim
13.00 - 16.00 Junior Lessons
16.00 - 17.00 Private Hire/Parties

KALSwim Academy

£19.95 a month giving you a weekly lesson plus a free junior membership. For more information please see reception.

Inflatable Parties!!

New Inflatable available for Pool Parties! Book early to avoid disappointment

New Class Timetable

New Fitness Suite & Dance Studio now open. Please ask at reception for new class timetable

From 1st February 2012