

POOL PROGRAMME - HUDDERSFIELD LEISURE CENTRE

All swim bookings are for up to one hour & KAL recommend all sessions are booked via our app or website

SPLASH PARK

	06.00	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	21.00	22.00			
MONDAY				Mini Splash & Play 09.00-12.00				Aqua Circuit 12.50-13.35			KAL Swim Lessons 15.45-19.15				Aqua Circuit 19.25-20.10	YDROHEX CARDIO 20.20-21.05				
TUESDAY			YDROHEX POWER 07.30-08.15	Mini Splash & Play 09.00-10.00		KAL Swim Lessons 10.30-12.00		YDROHEX MOVE 12.15-13.00	Aqua Circuit 13.10-13.55	Exercise Referral 14.30-15.30	KAL Swim Lessons 15.45-19.15				Aqua Circuit 19.25-20.10	YDROHEX POWER 20.20-21.05				
WEDNESDAY				Mini Splash & Play 09.00-12.00			Splash Park (slides closed) 12.00-14.00			YDROHEX MOVE 14.10-14.55		KAL Swim Lessons 15.45-18.45			Aqua Circuit 19.00-19.45	YDROHEX HIIT 20.00-20.45				
THURSDAY			YDROHEX HIIT 07.30-08.15	Mini Splash & Play 09.00-12.00			Splash Park (slides closed) 12.00-14.00					KAL Swim Lessons 15.45-19.15			Aqua Circuit 19.25-20.10	YDROHEX BEAT 20.20-21.05				
FRIDAY			YDROHEX POWER 07.30-08.15	KAL Swim Lessons 9.00-11.30			Splash Park (slides closed) 12.00-14.00					Splash Park (slides open) 16.30-19.30								
SATURDAY				Mini Splash & Play 09.00-10.00	Splash Park (slides open) 10.00-18.30															
SUNDAY				Mini Splash & Play 09.00-10.00	Splash Park (slides open) 10.00-18.00															

COMPETITION POOL

	06.00	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	21.00	22.00
MONDAY		Length Swim (2 Lanes) 06.30-07.30	Length Swim 07.30-09.00	Length Swim (4 Lanes) 09.00-16.00								Length Swim (2 Lanes) 16.00-21.00				Length Swim (5 Lanes) 21.00-22.00	
	KAL Swim Performance 05.45-07.30			School Swimming (4 Lanes) 09.00-11.35		AquaFit (4 Lanes) 11.50-12.35		School Swimming (4 Lanes) 13.00-16.00			KAL Swim Performance (6 Lanes) 16.00-20.30						Community Club Hire (3 Lanes) 21.00-22.00
TUESDAY		Length Swim (2 Lanes) 06.30-07.30	Length Swim (4 Lanes) 07.30-09.00	KAL Swim Lessons 9.00-12.00			Length Swim (4 Lanes) 12.00-16.00			Length Swim (2 Lanes) 16.00-20.30				KAL Courses (3 Lanes) 20.30-21.30			
	KAL Swim Performance 05.45-07.30		SwimFit (4 Lanes) 07.30-08.15	KAL Courses (3 Lanes) 08.15 - 09.00	School Swimming (4 Lanes) 09.00-11.45		AquaFit (4 Lanes) 12.00-12.45	School Swimming (4 Lanes) 12.55-16.00			KAL Swim Performance (6 Lanes) 16.00-22.00						
WEDNESDAY		Length Swim (4 Lanes) 06.30-07.30	Length Swim (4 Lanes) 07.30-15.30								KAL Swim Lessons 15.45-18.15			Length Swim (3 Lanes) 18.30-20.30	Length Swim (5 Lanes) 20.30-21.30		
	KAL Swim Performance 06.30-07.30		SwimFit (4 Lanes) 07.30-08.15		School Swimming (4 Lanes) 09.00-12.00		AquaFit (4 Lanes) 12.10-12.55	AquaFit (4 Lanes) 13.05-13.50	AquaFit (4 Lanes) 14.00-14.45			KAL Swim Performance 17.30-18.30	KAL Swim Performance (6 Lanes) 18.30-20.30				
THURSDAY	KAL Swim Performance 05.45-07.30	Length Swim (2 Lanes) 07.00-07.30	Length Swim (4 Lanes) 07.30-16.00								Length Swim (2 Lanes) 16.00-21.30						
			SwimFit (4 Lanes) 07.30-08.15	KAL Courses (3 Lanes) 08.15 - 09.00	Community Club Hire (4 Lanes) 09.00-12.00		AquaFit (4 Lanes) 12.15-13.00	AquaFit (4 Lanes) 13.10-13.55	AquaFit (4 Lanes) 14.05-14.50	KAL Courses (4 Lanes) 15.00-16.00	KAL Swim Performance (6 Lanes) 16.00-22.00						
FRIDAY		Length Swim (2 Lanes) 06.30-07.30	Length Swim 07.30-09.00	Length Swim (4 Lanes) 09.00-16.00						KAL Training Academy 17.00-18.00			KAL Courses (2 Lanes) 18.00-19.00	Length Swim (2 Lanes) 19.00 - 20.30	Length Swim (5 Lanes) 20.30-22.00		
	KAL Swim Performance 05.45-07.30			KAL Swim Lessons 9.00-11.30		AquaZumba (4 Lanes) 12.00-12.45	AquaFit (4 Lanes) 12.55-13.40	AquaFit (4 Lanes) 13.50-14.35			KAL Swim Performance 16.00-18.00		KAL Swim Performance (6 Lanes) 18.00-20.30		Community Club Hire (3 Lanes) 20.30-22.00		
SATURDAY			KAL Swim Lessons 08.00-16.30										Length Swim (5 Lanes) 16.30-19.30				
SUNDAY				KAL Swim Lessons 09.00-13.30					Length Swim (5 Lanes) 13.30-15.00		AquaZumba (5 Lanes) 15.30-16.15	AquaFit (5 Lanes) 16.25-17.10	Length Swim (3 Lanes) 18.00-20.00				
								KAL Courses (3 Lanes) 13.30-17.00				Community Club Hire (5 Lanes) 17.30-18.30	KAL Swim Performance (5 Lanes) 18.30-20.00				