

POOL PROGRAMME - HOLMFIRTH POOL & FITNESS CENTRE

26th October - 1st November 2026

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

	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 06.30-07.30	Length Swim 07.30-08.30	Public Swim 08.30-09.30	Aqua Med 09.30-10.15	Aqua Fit 10.30-11.15	Length Swim 11.30-12.30	Length Swim 12.30-13.30	Aqua Med 13.30-14.15	Aqua Fit 14.30-15.15	KAL Swim Lessons 15.45-19.15			Aqua Fit 19.20-20.05	Length Swim 20.15-21.15		
TUESDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Public Swim 08.30-09.30	Public Swim 09.30-10.30	Mini Splash & Play 10.30-11.30	Length Swim 11.30-12.30	Length Swim 12.30-13.30	KAL Swim Lessons 13.30-15.00			KAL Swim Lessons 15.45-19.30			Length Swim 19.30-20.30	Length Swim 20.30-21.30	
WEDNESDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30				Length Swim 11.30-12.30	Splash & Play 12.45-13.45	Public Swim 14.00-15.00			KAL Swim Lessons 15.45-19.15			Aqua Fit 19.20-20.05	Length Swim 20.15-21.15	
THURSDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30	Public Swim 08.30-09.30	Aqua Med 09.30-10.15	Aqua Fit 10.30-11.15	Public Swim 11.30-12.30	Length Swim 12.30-13.30	KAL Swim Lessons 13.30-15.00			KAL Swim Lessons 15.45-19.15			Length Swim 19.30-20.30	Length Swim 20.30-21.30	
FRIDAY		Length Swim 06.30-07.30	Length Swim 07.30-08.30				Length Swim 11.30-12.30	Splash & Play 12.45-13.45	Public Swim 14.00-15.00			KAL Swim Lessons 15.45-18.45		KAL Training Academy 18.45-19.45	Length Swim 20.00-21.00		
SATURDAY			KAL Swim Lessons 08.00-11.30				Public Swim 11.35-12.20	KAL Swim Lessons 12.30-16.00			Public Swim 16.00-16.45						
SUNDAY			Length Swim 08.00-09.00	Length Swim 09.00-10.00		Splash & Play 10.15-11.15	Public Swim 11.30-12.30	Splash & Play 12.45-13.45	Public Swim 14.00-15.00	Community Club Hire 15.00-16.30							