

Day/time	Activity	Target audience	Location	Price	Notes
Monday 6.00 – 7.00pm	Teen Gym and sports session	Young people aged 12 – 25 who have SEND  Includes cardio machine and free weights	Fairfax Wellbeing Hub, Fairfax Avenue, Harrogate, HG2 7RU	£6.35	Contact Danielle if it's your first session
Monday 7.00 – 8.30pm	HALO Social/Leisure Club	Young people with SEND aged 13+  Sports, games, arts and crafts, tuck shop	Fairfax Wellbeing Hub, Fairfax Avenue, Harrogate, HG2 7RU	£3.40	No booking required but please let Danielle know if attending for first time.
Tuesday 10 – 11am	Accessible Swim	Disabled people and those who have additional needs.	Ripon Leisure and Wellbeing Hub (Jack Laughter Centre) Dallamires Lane, Ripon, HG4 1TT.	Adult £5.45, Concession £3.80, Child £2.85 + one free caer	No booking required
Tuesday 12 – 1pm	Accessible Swim	Disabled people and those who have additional needs.	Harrogate Leisure and Wellness Centre, Jenny Field Drive Harrogate HG1 2RP	Adult £5.45, Concession £3.80, Child £2.85 + one free carer	No booking required
Tuesday 4-6pm	Girls' Social/Leisure Club	Girls aged 8 – 18 who may struggle in social situations due to SEND or anxiety	Stockwell Wellbeing Hub, Community Centre, Stockwell Ave, Knaresborough HG5 0LG	£5.50	Toast, pasta and snacks included. Contact Danielle before attending your first session.
Wednesday 10-11.30	Walking group	Anyone – all ages and abilities	Fairfax Wellbeing Hub, Fairfax Avenue, Harrogate HG2 7RU and the STRAY	Free	Contact Danielle for further details
Wednesday 5.30 – 6.30pm	Sensory Adventure Seekers	Children up to 11 who have autism or other SEND and their families; stay and play activity – soft play, arts and crafts	Jennyfields Styan Wellbeing Hub , Grantley Drive, Harrogate HG3 2XU	£2.50	Refreshments provided.
Wednesday 6.30 – 8.30pm (Term Time)	Springboard Youth Club	Young people aged 10 – 19 who have/are seeking a diagnosis of Autism in a mainstream setting	Jennyfields Styan Wellbeing Hub , Grantley Drive, Harrogate HG3 2XU	£2.50	Please let Danielle know if attending for first time.

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Wednesday 5.30 – 8.00pm	Teen Holiday session	Teenagers; social session with cooked meal during the school holidays	Jennyfields Styan Wellbeing Hub , Grantley Drive, Harrogate HG3 2XU	£10.50	Booking essential. Dietary requirements are catered for
Thursday 11am – 12	Accessible Swim	Disabled people and those who have additional needs.	Harrogate Leisure and Wellness Centre, Jenny Field Drive Harrogate HG1 2RP	Adult £5.45, Concession £3.80, Child £2.85 + one free carer	No booking required
Thursday 10 – 11am	Accessible Swim	Disabled people and those who have additional needs.	Ripon Leisure and Wellbeing Hub (Jack Laugher Centre) Dallamires Lane, Ripon, HG4 1TT.	Adult £5.45, Concession £3.80, Child £2.85 + one free carer	No booking required
Thursday 6.15-6.45pm 6.45-7.15pm	Diveability	Diving tuition for young people with SEND (30 minute classes) For young people up to 18 years	Harrogate Leisure and Wellness Centre, Jenny Field Drive Harrogate HG1 2RP	£31.20 per month via direct debit	Participants must be reasonable swimmers and able to climb onto the diving platforms Contact Albany.Thomps on@northyorks.gov.uk
Friday 10.15 – 11.15am	Accessible Swim	Disabled people and those who have additional needs.	Starbeck Pool, Spa Lane, Harrogate, HG2 7JF	Adult £5.45, Concession £3.80, Child £2.85 + one free carer	No booking required
Saturday 10am-1pm	Kids Inclusive Social Saturday	Children in Year one up to 18 years	Stockwell Wellbeing Hub Community Centre, Stockwell Ave, Knaresborough HG5 0LG	£16.50	No need for parents to stay. Lots of fun activities. Toast included but packed lunch required. Contact Danielle before attending first session.

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Sunday 10 – 11am	Family SEND swim	Swim session with toys aimed at families	Starbeck Pool, Spa Lane, Harrogate, HG2 7JF	Adult £5.45, Concession £3.80, Child £2.85 + one free carer	Contact SENkind via Facebook for booking.
Sunday 1.15 – 2.15pm	SEND swim session	Swim session with toys, swim teacher usually present to support swimming skill development	Jack Laugher, Knaresborough and Harrogate Leisure and Wellness Centres, Starbeck Pool.	Adult £5.45, Concession £3.80, Child £2.85.	
Various days, times and sites	Star Scheme Swimming lessons	Swimming lessons for disabled children and those with SEND whose needs are not met in mainstream lessons.	Jack Laugher, Knaresborough and Harrogate Leisure and Wellness Centres, Starbeck Pool.	£31.20 per month via Direct Debit.	Contact details at swimminghkr@northyorks.gov.uk
	Para Swim Squad (formerly Hot Shots)	Competitive swimming and coaching for young people with SEND. Minimum swimming standard applies.	Harrogate Leisure and Wellness Centre, Jenny Field Drive Harrogate HG1 2RP		