

# Swim Timetable

## Stokesley Leisure and Wellbeing Hub

Accurate as of 17/05/2026

### Times for Friday 22 May



Time	Session	Facility	Level
06:30 - 08:45	General Lanes	Main Pool	Lanes Available
09:00 - 10:00	50+ Swim	Main Pool	Lane Available
09:30 - 11:30	Tots Lessons	Teaching Pool	
10:30 - 11:15	Aquafit	Main Pool	Aqua
11:15 - 12:30	General Swim (L1)	Main Pool	Lane Available
12:15 - 13:45	General Swim	Teaching Pool	
12:30 - 13:45	Adult Swim (L2)	Main Pool	Lanes Available
14:00 - 15:00	Accessible Swim	Main Pool	
14:00 - 15:00	Accessible Swim	Teaching Pool	
15:15 - 18:15	General Swim	Main Pool	
15:45 - 18:15	Junior Lessons	Main Pool	
15:45 - 18:15	Junior Lessons	Teaching Pool	
18:15 - 20:00	General Swim (L1)	Main Pool	Lane Available
18:30 - 20:00	General Swim	Teaching Pool	
20:00 - 21:00	Adult Lanes	Main Pool	Lanes Available