

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 10/05/2026

Times for Monday 17 July



Time	Session	Facility	Level
06:45 - 08:45	General Lanes	Main Pool	
09:00 - 09:45	Aquafit	Main Pool	Booking required
09:00 - 10:00	Tots Lessons	Teaching Pool	Booking required
10:00 - 10:45	Adult Lessons	Main Pool	Booking required
11:00 - 12:00	50+ Swim (L1)	Main Pool	
11:00 - 12:00	Tots Lessons	Teaching Pool	
12:15 - 13:15	Adult Lanes	Main Pool	
13:30 - 14:30	General Swim	Teaching Pool	
13:30 - 15:45	General Swim (Lanes available)	Main Pool	
16:00 - 17:30	Junior Lessons	Teaching Pool	
16:00 - 17:30	Junior Lessons	Main Pool	
18:00 - 20:30	Swim Club	Main Pool	
19:30 - 20:15	Aquafit	Teaching Pool	Booking required
20:45 - 21:30	Adult Lanes	Main Pool	