

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 10/05/2026

### Times for Tuesday 18 July



Time	Session	Facility	Level
06:45 - 09:00	General Lanes	Main Pool	
09:15 - 11:45	Schools	Teaching Pool	
09:15 - 11:45	Schools	Main Pool	
12:00 - 13:00	Adult Lanes	Main Pool	
13:15 - 14:15	General Swim	Teaching Pool	
13:15 - 15:30	General Swim (Lanes available)	Main Pool	
16:00 - 17:30	Junior Lessons	Main Pool	
16:00 - 18:00	Junior Lessons	Teaching Pool	
17:45 - 18:45	General Swim (Lanes available)	Main Pool	Lane Available
18:00 - 18:45	General Swim	Teaching Pool	
19:00 - 20:30	Swim Club	Main Pool	
20:45 - 21:30	Adult Lanes	Main Pool	