

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 10/05/2026

### Times for Wednesday 19 July



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