

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 10/05/2026

### Times for Thursday 20 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 - 13:00 | General Swim          | Teaching Pool |       |
| 13:30 - 15:30 | Closed Staff Training | Teaching Pool |       |
| 13:30 - 15:30 | Closed Staff Training | 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     |       |
| 20:45 - 21:30 | Adult Lanes           | Main Pool     |       |