

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 10/05/2026

### Times for Saturday 22 July



Time	Session	Facility	Level
07:00 - 08:30	Swim Club	Main Pool	
08:00 - 11:00	Junior Lessons	Teaching Pool	
09:00 - 11:00	Junior Lessons	Main Pool	
11:00 - 12:00	Tots Lessons	Teaching Pool	
11:15 - 12:15	General Swim	Main Pool	
12:30 - 13:30	Family Fun	Main Pool	
12:30 - 13:30	Family Fun	Teaching Pool	
13:30 - 14:30	General Swim	Teaching Pool	
13:45 - 14:45	Adult Lanes	Main Pool	
15:00 - 16:00	HaTric	Main Pool	