

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 10/05/2026

Times for Sunday 23 July



| Time | Session | Facility | Level |
|---------------|--------------|---------------|-----------------|
| 07:00 - 08:30 | Swim Club | Main Pool | |
| 08:45 - 09:45 | Adult Lanes | Main Pool | Lane Available |
| 08:45 - 13:30 | General Swim | Teaching Pool | |
| 10:00 - 12:15 | General Swim | Main Pool | |
| 12:30 - 13:30 | Adult Lanes | Main Pool | Lanes Available |