

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 15/06/2026

### Times for Wednesday 4 March



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