

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 25/04/2026

### Times for Tuesday 31 March



Time	Session	Facility	Level
06:45 - 09:00	General Lanes	Main Pool	Lanes Available
08:00 - 09:00	Crash Course	Teaching Pool	
09:15 - 10:15	General Swim (Lanes available)	Main Pool	Lanes Available
09:15 - 10:15	General Swim	Teaching Pool	
10:30 - 11:45	Fun Zone	Main Pool	
10:30 - 11:45	Fun Zone	Teaching Pool	
12:00 - 13:00	Adult Lanes	Main Pool	Lanes Available
13:15 - 15:30	General Swim (Lanes available)	Main Pool	Lanes Available
13:15 - 15:30	General Swim	Teaching Pool	
16:00 - 17:30	Junior Lessons	Main Pool	
16:00 - 18:00	Junior Lessons	Teaching Pool	
17:45 - 18:45	General Swim (Lanes available)	Main Pool	Lanes Available
18:00 - 18:45	General Swim	Teaching Pool	
19:00 - 20:30	Swim Club	Main Pool	
20:45 - 21:30	Adult Lanes	Main Pool	Lanes Available