

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 25/06/2026

### Times for Sunday 28 June



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 (Lanes available)	Main Pool	
12:30 - 13:30	Adult Lanes	Main Pool	Lanes Available
13:45 - 14:45	For Hire	Main Pool	
13:45 - 14:45	For Hire	Teaching Pool	