

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 24/08/2026

| Times for Monday 17 August |                   |               |                  |
|----------------------------|-------------------|---------------|------------------|
| Time                       | Session           | Facility      | Level            |
| 06:45 - 08:45              | General Lanes     | Main Pool     | Lanes Available  |
| 08:00 - 09:00              | Crash Course      | Main Pool     | Booking required |
| 08:00 - 09:00              | Crash Course      | Teaching Pool | Booking required |
| 09:00 - 09:45              | Aquafit           | Main Pool     | Booking required |
| 09:00 - 10:00              | Tots Lessons      | Teaching Pool |                  |
| 10:00 - 10:45              | Adult Lesssons    | Main Pool     |                  |
| 11:00 - 12:00              | 50+ Swim (L1)     | Main Pool     | Lanes Available  |
| 11:00 - 12:00              | Tots Lessons      | Teaching Pool |                  |
| 12:15 - 13:15              | General Lanes     | Main Pool     | Lanes Available  |
| 13:30 - 15:45              | General Swim (L1) | Main Pool     | Lanes Available  |
| 13:30 - 15:45              | General Swim      | Teaching Pool |                  |
| 16:00 - 18:00              | Junior Lessons    | Main Pool     |                  |
| 16:00 - 18:00              | Junior Lessons    | Teaching Pool |                  |
| 18:00 - 20:30              | Swim Club         | Main Pool     |                  |
| 19:30 - 20:15              | Aquafit           | Teaching Pool | Booking required |
| 20:45 - 21:30              | General Lanes     | Main Pool     | Lanes Available  |