

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 24/08/2026

Times for Tuesday 18 August				
Time	Session	Facility	Level	
06:45 - 09:00	General Lanes	Main Pool	Lanes Available	
08:00 - 09:00	Crash Course	Main Pool	Booking required	
08:00 - 09:00	Crash Course	Teaching Pool		
09:15 - 11:45	General Swim (Lanes available)	Main Pool	Lanes Available	
09:15 - 11:45	General Swim	Teaching Pool		
12:00 - 13:00	General Lanes	Main Pool	Lanes Available	
13:30 - 14:30	General swim with inflatable slide	Main Pool		
15:00 - 15:45	General Swim	Main Pool		
15:00 - 15:45	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	General Lanes	Main Pool	Lanes Available	