

# Swim Timetable

## Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 24/08/2026

| Times for Wednesday 19 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 | Booking required |                                                                                     |
| 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  |                                                                                     |
| 13:15 - 14:15                 | 50+ Swim (L1)                  | Main Pool     | Lanes 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                   | Main Pool     |                  |                                                                                     |
| 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     | Booking required |                                                                                     |
| 20:45 - 21:30                 | General Lanes                  | Main Pool     | Lanes Available  |                                                                                     |