

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 24/08/2026

Times for Wednesday 26 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	