

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 24/08/2026

Times for Friday 28 August			
Time	Session	Facility	Level
06:45 - 07:45	General Lanes	Main Pool	Lanes Available
08:00 - 08:45	Aquafit	Main Pool	Booking required
08:00 - 09:00	Crash Course	Teaching Pool	Booking required
09:00 - 10:15	General Swim (Lanes available)	Main Pool	Lanes Available
09:00 - 10:30	General Swim	Teaching Pool	
10:30 - 11:45	Fun & Floats	Main Pool	
10:30 - 11:45	Fun & Floats	Teaching Pool	
12:00 - 13:00	General Lanes	Main Pool	Lanes Available
12:00 - 14:00	Tots Lessons	Teaching Pool	
13:30 - 15:30	General Swim (Lanes available)	Main Pool	Lanes Available
14:15 - 15:30	General Swim	Teaching Pool	
16:00 - 17:00	Junior Lessons	Main Pool	
16:00 - 17:00	Junior Lessons	Teaching Pool	
17:15 - 18:15	General Swim (Lanes available)	Main Pool	Lanes Available
17:15 - 18:15	General Swim	Teaching Pool	
18:30 - 21:00	Swim Club	Main Pool	