

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 02/10/2026

Times for Friday 2 October				
Time	Session	Facility	Level	
06:45 - 07:45	Lane Swim	Main Pool	Lanes Available	
08:00 - 08:45	Aquafit	Main Pool	Booking required	
09:00 - 12:00	Schools Swimming	Main Pool		
09:00 - 12:00	Schools Swimming	Teaching Pool		
12:00 - 13:00	Lane Swim	Main Pool	Lanes Available	
12:00 - 14:00	Preschool Learn to Swim	Teaching Pool	Booking required	
13:15 - 15:45	General Swim (Lanes available)	Main Pool	Lanes Available	
14:15 - 15:30	Mini Splash Time	Teaching Pool		
16:00 - 17:00	Learn to Swim	Main Pool		
16:00 - 17:00	Learn to Swim	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		