

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 03/10/2026

Times for Sunday 4 October				
Time	Session	Facility	Level	
07:00 - 08:30	Swim Club	Main Pool		
08:30 - 09:30	Lane Swim	Main Pool	Lanes Available	
08:45 - 13:30	General Swim	Teaching Pool		
09:30 - 11:30	General Swim (Lanes available)	Main Pool	Lanes Available	
11:30 - 12:15	SEND Swim	Main Pool		
12:30 - 13:30	Lane Swim	Main Pool	Lanes Available	
13:45 - 14:45	For Hire	Main Pool	Booking required	
13:45 - 14:45	For Hire	Teaching Pool	Booking required	