

Swim Timetable

Thirsk And Sowerby Leisure and Wellbeing Hub

Accurate as of 03/10/2026

Times for Monday 5 October				
Time	Session	Facility	Level	
06:45 - 08:45	Lane Swim	Main Pool	Lanes Available	
09:00 - 09:45	Aquafit	Main Pool	Booking required	
09:00 - 10:00	Preschool Learn to Swim	Teaching Pool		
10:00 - 10:45	Adult Learn to Swim	Main Pool		
10:00 - 11:00	Mini Splash Time	Teaching Pool		
10:45 - 11:45	Relaxed Swim	Main Pool		
11:00 - 12:00	Preschool Learn to Swim	Teaching Pool		
12:00 - 13:00	Lane Swim	Main Pool	Lanes Available	
13:15 - 15:45	General Swim (Lanes available)	Main Pool	Lanes Available	
13:30 - 14:30	General Swim	Teaching Pool		
16:00 - 18:00	Learn to Swim	Teaching Pool		
16:00 - 18:00	Learn to Swim	Main Pool		
18:00 - 20:30	Swim Club	Main Pool		
19:30 - 20:15	Aquafit	Teaching Pool	Booking required	
20:45 - 21:30	Lane Swim	Main Pool	Lanes Available	