

Thirsk and Sowerby Leisure and Wellbeing Hub Programme

Summer holidays - 23 July to 31 August 2025

Main pool

	6.45 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30 pm
Monday	General Lanes ♦ 6.45 – 8.45am				Aquafit 9 – 9.45am		Adult Lessons 10 – 10.45am		50+ ♦ 11am – 12noon		Adult Lane Swim ♦ 12.15 – 1.15pm		General Swim ♦ 1.30 – 3.45pm				Learn to Swim 4 – 5.30pm			Thirsk White Horse Swim Team 6 – 8.30pm				Adult Lane Swim ♦ 8.45 – 9.30pm							
Tuesday	General Lanes ♦ 6.45 – 9am			Crash Courses 8 – 9am		General Swim ♦ 9.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm		General Swim ♦ 1.15 – 3.30pm				Learn to Swim 4 – 5.30pm			General Lanes ♦ 5.45 – 6.45pm		Thirsk White Horse Swim Team 7 – 8.30pm		Adult Lane Swim ♦ 8.45 – 9.30pm							
Wednesday	General Lanes ♦ 6.45 – 9am			Crash Courses 8 – 9am		General Swim ♦ 9.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm		50+ ♦ 1.15 – 2.15pm		Accessible Swim 2.30 – 3.30pm		Learn to Swim 4 – 6pm			General Swim ♦ 5.15 – 6.15pm		Nordic Diver 6.30–7.30pm General Swim 6.30 – 7.30pm		Aquafit 7.45 – 8.30pm		Adult Lane Swim ♦ 8.45 – 9.30pm					
Thursday	General Lanes ♦ 6.45 – 9am			Crash Courses 8 – 9am		General Swim ♦ 9.15 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm		Closed Staff Training 1 – 4pm				Learn to Swim 4 – 6pm			Thirsk White Horse Swim Team 6 – 8.30pm				Adult Lane Swim ♦ 8.45 – 9.30pm							
Friday	General Lanes ♦ 6.45 – 7.45am		Aquafit 8 – 8.45am		General Swim ♦ 9 – 11.45am					Adult Lane Swim ♦ 12noon – 1pm		General Swim ♦ 1.30 – 3.30pm				Learn to Swim 4 – 5pm		General Swim ♦ 5.15 – 6.15pm		Thirsk White Horse Swim Team 6.30 – 9pm											
Saturday		Thirsk White Horse Swim Team 7 – 8.30am				Learn to Swim 9 – 11am			General Swim ♦ 11am – 12.30pm			Family Fun 12.30 – 1.30pm		Book your pool party 1.45 – 2.45pm																	
Sunday		Thirsk White Horse Swim Team 7 – 8.30am				Adult Lanes 8.45 – 9.45am		General Swim ♦ 10am – 12.15pm					Adult Lane Swim ♦ 12.30 – 1.30pm																		
	6.45 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30 pm

POOL PARTY

Thursday 14th August 2 – 3pm

POOL PARTY
Thursday 14th
August
2 – 3pm

General Information: Lockers £1 returnable. Swimwear and swimming equipment available to buy at reception. Times are subject to change on Bank Holiday. Please check our website and facebook page for news on any changes to the programme. Adult to child ratio is 1:2. All children under 8 must be accompanied by an adult or guardian in the water. We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Main pool 28°C – 30°C. All sessions are inclusive of any changeover time required. Vending machines are available.

KEY ♦ Lanes available

Thirsk and Sowerby Leisure and Wellbeing Hub Programme

Summer holidays – 23 July to 31 August 2025

Small pool

	6.45 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30 pm
Monday					Crash Courses 8 – 9am	Pre School Lessons 9 – 10am				Pre School Lessons 11am – 12noon						General Swim 1.30 – 3.45pm				Learn to Swim 4 – 5.30pm										Aquafit 7.30 – 8.15pm	
Tuesday					Crash Courses 8 – 9am			General Swim 9.15 – 11.45am								General Swim 1.15 – 3.30pm					Learn to Swim 4 – 6pm			General Swim 6 – 6.45pm							
Wednesday					Crash Courses 8 – 9am			General Swim 9.15 – 11.45am									Accessible Swim 2.30 – 3.30pm				Learn to Swim 4 – 5.30pm			General Swim 5.30 – 6.15pm							
Thursday					Crash Courses 8 – 9am			General Swim 9.15 – 11.45am			Pre School Lessons 12noon – 1pm			Closed Staff Training 1 – 4pm							Learn to Swim 4 – 5.30pm			General Swim 5.30 – 6.15pm							
Friday					Crash Courses 8 – 9am			General Swim 9.15 – 11.45am			Pre School Lessons 12noon – 2pm					General Swim 2.15 – 3.30pm					Learn to Swim 4 – 5pm			General Swim 5.15 – 6.15pm							
Saturday						Learn to Swim 8 – 11am				Pre School Lessons 11am – 12noon			Family Fun 12.30 – 1.30pm			Book your pool party 1.45 – 2.45pm															
Sunday								General Swim 8.45am – 1.30pm																							

POOL PARTY
Thursday 14th
August
2 – 3pm

General Information: Lockers £1 returnable. Swimwear and swimming equipment available to buy at reception. Times are subject to change on Bank Holiday. Please check our website and facebook page for news on any changes to the programme. Adult to child ratio is 1:2. All children under 8 must be accompanied by an adult or guardian in the water. We aim to operate our swimming pool temperature in line with industry guidance (PWTAG): Small pool 30°C – 32°C. All sessions are inclusive of any changeover time required. Vending machines are available.

KEY ♦ Lanes available