

Thirsk and Sowerby Leisure and Wellbeing Hub Programme

From Tuesday 1 July 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				School Swimming 9am – 12noon							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				School Swimming 9am – 12noon							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			Aquafit 7.45 – 8.30pm			Adult Lane Swim ♦ 8.45 – 9.30pm	
Thursday	General Lanes ♦ 6.45 – 9am				School Swimming 9am – 12noon							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			School Swimming 9am – 12noon							Adult Lane Swim ♦ 12noon – 1pm			General Swim ♦ 1.15 – 2.15pm			Discount Dip 2.30 – 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			Adult Lane Swim ♦ 1.45 – 2.45pm																			
Sunday		Thirsk White Horse Swim Team 7 – 8.30am				Adult Lane Swim ♦ 8.45 – 9.45am			General Swim ♦ 10am – 12.15pm						Adult Lane Swim ♦ 12.30 – 1.30pm			Book your pool party 1.45 – 2.45pm																	
	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				

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

From Tuesday 1 July 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						Pre School Lessons 9 – 10am				Pre School Lessons 11am – 12noon					General Swim 1.30 – 2.30pm					Learn to Swim 4 – 5.30pm							Aquafit 7.30 – 8.15pm				
Tuesday						School Swimming 9am – 12noon								General Swim 1.15 – 2.15pm					Learn to Swim 4 – 6pm			General Swim 6 – 6.45pm									
Wednesday						School Swimming 9am – 12noon										Accessible Swim 2.30 – 3.30pm			Learn to Swim 4 – 5.30pm			General Swim 5.30 – 6.15pm									
Thursday						School Swimming 9am – 12noon						Pre School Lessons 12noon – 1pm		Closed Staff Training 1 – 4pm					Learn to Swim 4 – 5.30pm			General Swim 5.30 – 6.15pm									
Friday						School Swimming 9am – 12noon						Pre School Lessons 12noon – 2pm					Discount Dip 2.30 – 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		General Swim 1.30 – 2.30pm																
Sunday						General Swim 8.45am – 1.30pm											Book your pool party 1.45 – 2.45pm														
	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

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