

Thirsk and Sowerby Leisure and Wellbeing Hub Programme

27th October to 2nd November 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						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						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						General Swim ♦ 9.15 – 11.45am				Adult Lane Swim ♦ 12noon – 1pm				Pool Party 2 – 3pm				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		Adult Lane Swim ♦ 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		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

27th October to 2nd November 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 - 3.45pm				Learn to Swim 4 - 5.30pm								Aquafit 7.30 - 8.15pm			
Tuesday								General Swim 9.15 - 11.45am								General Swim 1.15 - 3.30pm					Learn to Swim 4 - 6pm			General Swim 6 - 6.45pm							
Wednesday								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								General Swim 9.15 - 11.45am				Pre School Lessons 12noon - 1pm					Pool Party 2 - 3pm				Learn to Swim 4 - 5.30pm			General Swim 5.30 - 6.15pm							
Friday								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																		
Sunday																	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

