

Thirsk and Sowerby Leisure and Wellbeing Hub Programme 22nd to 28th December 2025

Main Pool

Monday	General Lanes ♦ 6.45 – 9.45am		Adult Lessons 10 – 10.45am	50+ ♦ 11am – 12noon	Adult Lane Swim ♦ 12.30 – 1.30pm	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 – 2pm	Pool Party 2.30 – 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	CLOSED					
Thursday	CLOSED										
Friday	CLOSED										
Saturday	General Lanes ♦ 7 – 8.30am	General Swim ● 9am – 12.15pm			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					

SmallPool

Monday		Pre School Lessons 9 – 10am		Pre School Lessons 11 – 12noon		General Swim 1.30 – 3.45pm		Learn to Swim 4 – 6pm		
Tuesday		General Swim 9.15 – 11.45am			General Swim ● 1 – 2pm		Pool Party 2.30 – 3.30pm		Learn to Swim 4 – 6pm	General Swim 6 – 6.45pm
Wednesday		General Swim 9.15 – 11.45am		CLOSED						
Thursday	CLOSED									
Friday	CLOSED									
Saturday		General Swim 9am – 12.15pm				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			

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 ● Single lane

Thirsk and Sowerby Leisure and Wellbeing Hub Programme 29th December 2025 to 4th January 2026

Main Pool

Monday	General Lanes ♦ 6.45 – 9am		General Swim ● 9.15 – 10.45am		50+ ♦ 11am – 12noon		Adult Lane Swim ♦ 12.30 – 1.30pm		General Swim ● 1.30 – 3.45pm		Thirsk White Horse Swim Team 4 – 6.30pm			
Tuesday	General Lanes ♦ 6.45 – 9am		General Swim ● 9.15 – 11.45am		Adult Lane Swim ♦ 12noon – 1pm		General Swim ● 1.15 – 3.30pm		Thirsk White Horse Swim Team					
Wednesday	General Lanes ♦ 6.45 – 9am		General Swim ● 9.15 – 11.45am		Adult Lane Swim ♦ 12noon – 1pm	CLOSED								
Thursday	CLOSED													
Friday	General Lanes ♦ 6.45 – 9am		General Swim ● 9.15 – 11.45am		Adult Lane Swim ♦ 12noon – 1pm		General Swim ● 1.30 – 3.30pm		Learn to Swim 4 – 5pm		General Swim ● 5.15 – 7.15pm		General Lanes ♦ 7.15 – 9pm	
Saturday		Thirsk White Horse Swim Team 7 – 8.30am		Learn to Swim 9am – 11am		General Swim ● 11.15am – 12.15pm	Family Fun 12.30 – 1.30pm	Adult Lane Swim ♦ 1.45 – 2.15pm						
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 – 2.15pm						

Small Pool

Monday		General Swim 9.15 – 11.45am		General Swim 1.30 – 3.45pm							
Tuesday		General Swim 9.15 – 11.45am		General Swim 1.30 – 3.30pm							
Wednesday		General Swim 9.15 – 11.45am	CLOSED								
Thursday	CLOSED										
Friday		General Swim 9.15 – 11.45am		Pre School Lessons 12noon – 2pm		General Swim 2.30 – 3.30pm		Learn to Swim 4 – 5pm		General Swim 5.15 – 6.15pm	
Saturday		Learn to Swim 8am – 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				

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