

# Thirsk and Sowerby Leisure and Wellbeing Hub Programme

Half Term - 16th to 22nd February 2026

## 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				Crash Courses		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				Crash Courses				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				Crash Courses				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		Aquafit 7.45 - 8.30pm		Adult Lane Swim ♦ 8.45 - 9.30pm		
Thursday				Crash Courses				General Swim ♦ 9.15 - 11.45am				Adult Lane Swim ♦ 12noon - 1pm		Closed for Staff Training 1.30 - 3.30pm				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 - 10am		Pool Party 10.30 - 11.30am		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																				

**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



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Half Term - 16th to 22nd February 2026

## 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 Course 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 Course 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 Course 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 Course 8 - 9am				General Swim 9.15 - 11.45am					Pre School Lessons 12noon - 1pm							Learn to Swim 4 - 5.30pm	General Swim 5.30 - 6.15pm										
Friday				Crash Course 8 - 9am		General Swim 9 - 10am			Pool Party 10.30 - 11.30am					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									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): Small pool 30°C - 32°C. All sessions are inclusive of any changeover time required. Vending machines are available.

**KEY** ♦ Lanes available



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Part of