

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	General Lanes ♦ 6.45 – 8.45am		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	General Lanes ♦ 6.45 – 9am			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	General Lanes ♦ 6.45 – 9am		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 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		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														
	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



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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																															
	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

