

# Thirsk and Sowerby Leisure and Wellbeing Hub Programme Easter Holidays - 30th March to 5th April 2026

## Main Pool

Monday	Crash Courses ■ 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	Crash Courses ■ General Lanes ♦ 6.45 - 9am	General Swim ♦ 9.15-10.15am	Fun Zone 10.30 - 11.45am	Adult Lane Swim ♦ 12noon - 1pm	General Swim ♦ 1.15 - 3.30pm	Learn to Swim 4 - 5.30pm	General Swim ♦ 5.45 - 6.45pm	Thirsk White Horse Swim Team 7 - 8.30pm	Adult Lane Swim ♦ 8.45-9.30pm	
Wednesday	Crash Courses ■ 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	Aquafit 7.45 - 8.30pm	Adult Lane Swim ♦ 8.45-9.30pm
Thursday	Crash Courses ■ General Lanes ♦ 6.45 - 9am	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		
Good Friday				Adult Lane Swim ♦ 12noon - 1pm	General Swim ♦ 1.30 - 3.30pm	Learn to Swim 4 - 5pm				
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					
Easter 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					

## Small Pool

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 9.15-10.15am	Fun Zone 10.30 - 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	
Good Friday	Pre School Lessons 12noon - 2pm			General Swim 2.15 - 3.30pm	Learn to Swim 4 - 5pm	
Saturday	Learn to Swim 8 - 11am	Pre School Lessons 11am-12noon	Family Fun 12.30 - 1.30pm	General Swim 1.45 - 2.45pm		
Easter 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 ■ One lane will be unavailable 8am-9am during crash course



[www.northyorks.gov.uk/active](http://www.northyorks.gov.uk/active)

