

# Thirsk and Sowerby Leisure and Wellbeing Hub Programme

## Half Term - 25th to 31st May 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    |         |                                  |  |                       |      |   |                               |                           |                                  |                             | 50+ ♦<br>11am - 12noon           |         | Adult Lane Swim ♦<br>12.15 - 1.15pm |                                     |                        |   |   |   |      | General Swim ♦<br>1.30 - 3.45pm |                          | Learn to Swim<br>4 - 5.30pm |                                 |                                 |  |  |                                    |                                    |                                    |   |         |  |  |
| Tuesday   |         |                                  | General Lanes ♦<br>6.45 - 9am              |                       |      |   |                               |                           | General Swim ♦<br>9.15 - 11.45am |                             |                                  |         | Adult Lane Swim ♦<br>12noon - 1pm   |                                     |                        |   |   |   |      | General Swim ♦<br>1.15 - 3.30pm |                          | Learn to Swim<br>4 - 5.30pm |                                 | General Swim ♦<br>5.45 - 6.45pm |  | Thirsk White Horse Swim Team<br>7 - 8.30pm |                                    | Adult Lane Swim ♦<br>8.45 - 9.30pm |                                    |   |         |  |  |
| Wednesday |         |                                  | General Lanes ♦<br>6.45 - 9am              |                       |      |   |                               |                           | General Swim ♦<br>9.15 - 11.45am |                             |                                  |         | Adult Lane Swim ♦<br>12noon - 1pm   |                                     | 50+ ♦<br>1.15 - 2.15pm |   | Accessible Swim<br>2.30 - 3.30pm              |   |      |                                 | Learn to Swim<br>4 - 6pm |                             | General Swim ♦<br>5.15 - 6.15pm |                                 | Nordic Diver<br>6.30-7.30pm                |  | Aquafit<br>7.45 - 8.30pm           |                                    | Adult Lane Swim ♦<br>8.45 - 9.30pm |   |         |  |  |
| Thursday  |         |                                  | General Lanes ♦<br>6.45 - 9am              |                       |      |   |                               |                           | General Swim ♦<br>9.15 - 11.45am |                             |                                  |         | Adult Lane Swim ♦<br>12noon - 1pm   |                                     |                        |   | General Swim with inflatable slide<br>2 - 3pm |   |      |                                 | Learn to Swim<br>4 - 6pm |                             |                                 |                                 | Thirsk White Horse Swim Team<br>6 - 8.30pm |  | Adult Lane Swim ♦<br>8.45 - 9.30pm |                                    |                                    |   |         |  |  |
| Friday    |         | General Lanes ♦<br>6.45 - 7.45am |  | Aquafit<br>8 - 8.45am |      |   | General Swim ♦<br>9 - 10.15am |                           |                                  | Fun Zone<br>10.30 - 11.45am |                                  |         | Adult Lane Swim ♦<br>12noon - 1pm   |                                     |                        |   | General Swim ♦<br>1.30 - 3.30pm               |   |      |                                 | Learn to Swim<br>4 - 5pm |                             | General Swim ♦<br>5.15 - 6.15pm |                                 |  | Thirsk White Horse Swim Team<br>6.30 - 9pm |                                    |                                    |                                    |   |         |  |  |
| Saturday  |         |                                  | Thirsk White Horse Swim Team<br>7 - 8.30am |                       |      |   |                               | Learn to Swim<br>9 - 11am |                                  |                             | General Swim ♦<br>11am - 12.30pm |         |                                     | Family Fun<br>12.30 - 1.30pm        |                        |   | Adult Lane Swim ♦<br>1.45 - 2.45pm            |   |      |                                 |                          |                             |                                 |                                 |  |  |                                    |                                    |                                    |   |         |  |  |
| Sunday    |         |                                  | Thirsk White Horse Swim Team<br>7 - 8.30am |                       |      |   | Adult Lanes<br>8.45 - 9.45am  |                           |                                  |                             | General Swim ♦<br>10am - 12.15pm |         |                                     | Adult Lane Swim ♦<br>12.30 - 1.30pm |                        |   | Book your pool party<br>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



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



# Thirsk and Sowerby Leisure and Wellbeing Hub Programme

## Half Term - 25th to 31st May 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    |         |   |      |   |                             |   |                                 |    |                                     |    |                                    | Pre School Lessons<br>11am - 1pm |                                    |   |                                       | General Swim<br>1.30 - 3.45pm |                               |   |                             |                               |                          |                               |                               |   |      |   |      |   |      |   |         |
| Tuesday   |         |   |      |   |                             |   | General Swim<br>9.15 - 11.45am  |    |                                     |    |                                    |                                  | General Swim<br>1.15 - 3.30pm      |   |                                       |                               |                               |   | Learn to Swim<br>4 - 6pm    |                               |                          | General Swim<br>6 - 6.45pm    |                               |   |      |   |      |   |      |   |         |
| Wednesday |         |   |      |   |                             |   | General Swim<br>9.15 - 11.45am  |    |                                     |    |                                    |                                  |                                    |   | Accessible Swim<br>2.30 - 3.30pm      |                               |                               |   | Learn to Swim<br>4 - 5.30pm |                               |                          | General Swim<br>5.30 - 6.15pm |                               |   |      |   |      |   |      |   |         |
| Thursday  |         |   |      |   |                             |   | General Swim<br>9.15 - 11.45am  |    |                                     |    | Pre School Lessons<br>12noon - 1pm |                                  |                                    |   |                                       |                               | Learn to Swim<br>4 - 5.30pm   |   |                             | General Swim<br>5.30 - 6.15pm |                          |                               |                               |   |      |   |      |   |      |   |         |
| Friday    |         |   |      |   | General Swim<br>9 - 10.15am |   |                                 |    | Fun Zone<br>10.30 - 11.45am         |    |                                    |                                  | Pre School Lessons<br>12noon - 2pm |   |                                       |                               | General Swim<br>2.15 - 3.30pm |   |                             |                               | Learn to Swim<br>4 - 5pm |                               | General Swim<br>5.15 - 6.15pm |   |      |   |      |   |      |   |         |
| Saturday  |         |   |      |   | Learn to Swim<br>8 - 11am   |   |                                 |    | Pre School Lessons<br>11am - 12noon |    |                                    |                                  | Family Fun<br>12.30 - 1.30pm       |   | General Swim<br>1.30 - 2.30pm         |                               |                               |   |                             |                               |                          |                               |                               |   |      |   |      |   |      |   |         |
| Sunday    |         |   |      |   |                             |   | General Swim<br>8.45am - 1.30pm |    |                                     |    |                                    |                                  |                                    |   | Book your pool party<br>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.

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