

Thirsk and Sowerby Leisure and Wellbeing Hub Programme

Summer Holidays – Monday 20th July to Sunday 6th September

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 (31st August pool opening times: 11am - 6pm)		Lane swim ♦ 6.45 - 9am		Crash courses			Aquafit 9 - 9.45am		Adult learn to swim 10 - 10.45am		50+ ♦ 11am - 12noon		Lane swim ♦ 12.15 - 1.15pm		General swim ♦ 1.30 - 3.45pm					Learn to swim 4 - 6pm				Thirsk White Horse Swim Team 6 - 8.30pm					Lane swim 8.45 - 9.30pm		
Tuesday		Lane swim ♦ 6.45 - 9am		Crash courses			General swim ♦ 9.15 - 11.45am				Lane swim ♦ 12noon - 1pm			General swim with inflatable slide 1.30 - 2.30pm		General swim 3 - 3.45pm			Learn to swim 4 - 5.30pm				General Swim ♦ 5.45 - 6.45pm			Thirsk White Horse Swim Team 7 - 8.30pm				Lane swim 8.45 - 9.30pm	
Wednesday		Lane swim ♦ 6.45 - 9am		Crash courses			General swim ♦ 9.15 - 11.45am				Lane swim ♦ 12noon - 1pm			50+ ♦ 1.15 - 2.15pm		Accessible swim 2.30 - 3.30pm				Learn to swim 4 - 6pm				General Swim 5.30 - 6.15pm		Nordic diver 6.30-7.30pm		Aquafit 7.45 - 8.30pm		Lane swim 8.45 - 9.30pm	
Thursday		Lane swim ♦ 6.45 - 9am		Crash courses			General swim ♦ 9.15 - 11.45am				Lane swim ♦ 12noon - 1pm			General swim 1.30 - 3.30pm			Staff training 1.30 - 3.30pm				Learn to swim 4 - 6pm			Thirsk White Horse Swim Team 6 - 8.30pm					Lane swim 8.45 - 9.30pm		
Friday		Lane swim ♦ 6.45 - 7.45am		Aquafit 8 - 8.45am		General swim ♦ 9 - 10.15am				Fun and float 10.30 - 11.45am			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		Lane swim ♦ 1.45 - 2.45pm															
Sunday			Thirsk White Horse Swim Team 7 - 8.30am			Lane swim ♦ 8.45 - 9.45am			General Swim ♦ 10am - 12.15pm				Lane swim ♦ 12.30 - 1.30pm		Party hire 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



Small pool

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