

Thirsk and Sowerby Leisure and Wellbeing Hub Programme

From Monday 7th September 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	Lane Swim 6.45 – 8.45am					Aquafit 9 – 9.45am		Adult lessons 10 – 10.45am	Relaxed Swim 10.45 – 11.45am		Lane Swim 12noon – 1pm		General swim ♦ 1.15 – 3.45pm					Learn to swim 4 – 6pm			Thirsk White Horse Swim club 6 – 8.30pm					Lane Swim 8.45 – 9.30pm					
Tuesday	Lane Swim 6.45 – 9am				School swimming 9am – 12noon						Lane Swim 12noon – 1pm		General swim ♦ 1.15 – 3.45pm					Learn to swim 4 – 5.30pm			General swim ♦ 5.45 – 6.45pm		Thirsk White Horse Swim club 7 – 8.30pm			Lane Swim 8.45 – 9.30pm					
Wednesday	Lane Swim 6.45 – 9am				School swimming 9am – 12noon						Lane Swim 12noon – 1pm		Relaxed Swim 1.15 – 2.15pm		Accessible swim 2.30 – 3.30pm		Learn to swim 4 – 6pm			General swim 5.15 – 6.25pm		Nordic diver 6.30–7.30pm		General swim 6.30 – 7.30pm		Aquafit 7.45 – 8.30pm		Lane Swim 8.45 – 9.30pm			
Thursday	Lane Swim 6.45 – 9am				School swimming 9am – 12noon						Lane Swim 12noon – 1pm	Closed staff training 1 – 4pm				Learn to swim 4 – 6pm			Thirsk White Horse Swim club 6 – 8.30pm					Lane Swim 8.45 – 9.30pm							
Friday	Lane Swim 6.45 – 7.45am		Aquafit 8 – 8.45am		School swimming 9am – 12noon						Lane Swim 12noon – 1pm		General swim ♦ 1.15 – 3.45pm					Learn to swim 4 – 5pm			General swim ♦ 5.15 – 6.15pm		Thirsk White Horse Swim club 6.30 – 9pm								
Saturday		Thirsk White Horse Swim club 7 – 8.30am			Learn to swim 9 – 11am				General swim ♦ 11am – 12.30pm		Lane Swim 12.30 – 1.30pm		Fun & Floats 1.45 – 2.45pm																		
Sunday		Thirsk White Horse Swim club 7 – 8.30am		Lane Swim 8.30 – 9.30am		General swim ♦ 9.30 – 11.30am				SEND 11.30am – 12.15pm			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

KEY ♦ Lanes available **General Information:** Lockers £1 returnable. Vending machines are available. 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 Small pool 30°C – 32°C. All sessions are inclusive of any changeover time required.

Thirsk and Sowerby Leisure and Wellbeing Hub Programme

From Monday 7th September 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 9 – 10am		Mini Splash Time 10 – 11am		Pre school lessons 11am – 12noon					General swim 1.30 – 2.30pm					Learn to swim 4 – 6pm						Aquafit 7.30 – 8.15pm					
Tuesday						School swimming 9am – 12noon								General swim 1.15 – 2.15pm					Learn to swim 4 – 6pm			General swim 6 – 6.45pm									
Wednesday						School swimming 9am – 12noon										Accessible swim 2.30 – 3.30pm			Learn to swim 4 – 5.30pm		General swim 5.30 – 6.15pm										
Thursday						School swimming 9am – 12noon						Pre school lessons 12noon – 1pm							Learn to swim 4 – 5.30pm		General swim 5.30 – 6.15pm										
Friday						School swimming 9am – 12noon						Pre school lessons 12noon – 2pm					Mini Splash Time 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			General swim 12.30 – 1.30pm			Fun & Floats 1.45 – 2.45pm															
Sunday						General swim 8.45am – 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

KEY ♦ Lanes available **General Information:** Lockers £1 returnable. Vending machines are available. 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 Small pool 30°C – 32°C. All sessions are inclusive of any changeover time required.