

## ► 50+ SWIM

Exclusive pool time for 50 years+ users.

## ► ACCESSIBLE SWIM

A session designed for people with a disability, mobility issues or long-term health conditions. A Pool hoist assisted entry will be available for easy access to the pool. Swimming aids/floats are available to assist swimmers in the pool if required.

## ► ADULTS LANES ONLY

Exclusive adult pool time, lane swimming only.

## ► AQUAFIT

Workout in the water to music, this low impact class is great fun yet easy on the joints, working against the resistance of the water. Ideal for swimmers and non swimmers.

## ► FAMILY FUN

Enjoy the pool, splash about to music and have some fun with floats at our new family swim session. Juniors must be accompanied by adults.

## ► GENERAL LANES

Open to all, lane swimming only.

## ► GENERAL SWIM

Open to all, no lanes available.

## ► HATRIC

The club provides a safe and enjoyable environment to enable members of the community to enjoy and take part in this inclusive, multi-disciplined sport of triathlon.

## ► LEARN TO SWIM

We offer a full range of swimming lessons including babies through to juniors and competitive swimming. We also offer adult lessons so it's never too late to learn. Please see our Learn to Swim leaflet for more details. Centres may vary.

## ► SAUNA

For 16 years and over only. Opening times correspond with the pool opening times.

## ► THIRSK WHITE HORSE SWIM TEAM

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. For more information contact [thirskswimteam@gmail.com](mailto:thirskswimteam@gmail.com)

## ► POOL PARTY

Including floats, toys, disco music and games for children.

### SAFETY AND SUPERVISION

In line with CIMSPA National Safety guidelines, a responsible adult must accompany children under eight using the swimming pools. All sessions are operated on a two children to one adult basis for all children under eight. Adults should maintain a constant watch over the children and remain in close contact with weak/non swimmers. Please inform the lifeguards if you have a medical condition that may compromise your safety or that of other swimmers before entering the pool. If you have experienced sickness or diarrhoea in the last 48 hours you should not enter the pool. Appropriate swimwear must be worn at all times.

### SAFEGUARDING

If you have any concerns about the welfare of a child or vulnerable adult, please ask to speak to the Duty Manager.

We review our timetables regularly and amend the leaflet as required



The centres are accessible to people with a wide range of disabilities.

You can request this information in another language or format at [northyorks.gov.uk/accessibility](https://www.northyorks.gov.uk/accessibility)

<b>Bedale</b> <b>Leisure Centre</b> (01677) 427272	<b>Northallerton</b> <b>Leisure Centre</b> (01609) 777070	<b>Stokesley</b> <b>Leisure Centre</b> (01642) 711140	<b>Thirsk &amp; Sowerby</b> <b>Leisure Centre</b> (01845) 522447
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**zest-leisure.co.uk**



**NORTH  
YORKSHIRE  
COUNCIL**

## HOLIDAY

**Thirsk & Sowerby  
Leisure Centre**

# Swimming Timetable




**7 - 21 April 2025**

## Main Pool & Sauna

Times are subject to change on Bank Holiday Monday - please see below for opening hours and session times

	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	8.30 am			
MON	General Lanes ♦				AquaFit		Adult Lessons		50+ ♦		Adult Lanes Swim		General Swim ♦				Learn to Swim							Swim Club				Adult Lanes Swim						
EASTER MON										50+ ♦		Adult Lanes Swim		General Swim ♦																				
TUES	General Lanes ♦					General Swim ♦				Adult Lanes Swim			General Swim ♦				Learn to Swim				General Swim ♦			Swim Club		Adult Lanes Swim								
WED	General Lanes ♦					General Swim ♦				Adult Lanes Swim			50+ ♦		Accessible Swim		Learn to Swim			General Swim ♦		Nordic Divers General Swim		AquaFit		Adult Lanes Swim								
THURS	General Lanes ♦					General Swim ♦				Adult Lanes Swim			Staff Training				Learn to Swim				Swim Club				Adult Lanes Swim									
GOOD FRI											Adult Lanes Swim			General Swim ♦				Learn to Swim																
FRI	General Lanes ♦		AquaFit		General Swim ♦		POOL PARTY				Adult Lanes Swim			General Swim ♦				Learn to Swim				General Swim ♦		Swim Club										
SAT		Swim Club				Learn to Swim				General Swim		Family Fun		Adult Lanes Swim		HaTric																		
SUN		Swim Club			Adult Lanes Swim		General Swim				Adult Lanes Swim																							

## 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	8.30 am
MON						Pre School Lessons				Pre School Lessons					General Swim					Learn to Swim								Aquafit			
EASTER MON										Pre School Lessons					General Swim																
TUES							General Swim							General Swim						Learn to Swim		General Swim									
WED							General Swim									Accessible Swim				Learn to Swim		General Swim									
THURS							General Swim				Pre School Lessons				Staff Training					Learn to Swim		General Swim									
GOOD FRI												Pre School Lessons				General Swim				Learn to Swim											
FRI							General Swim		POOL PARTY 			Pre School Lessons			General Swim				Learn to Swim		General Swim										
SAT							Learn to Swim			Pre School Lessons			Family Fun		General Swim																
SUN							General Swim																								

### General Information

- ▶ Lockers £1 returnable
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Vending machines are available
- ▶ Times are subject to change on Bank Holiday

- ▶ 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
- ▶ Please check our website and facebook page for news on any changes to the programme

**KEY** ♦ Lanes available



**Wearable technology that helps you track your swim activity and improve your performance. Ask at Reception.**

