

► 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

► 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

Bedale Leisure Centre (01677) 427272	Northallerton Leisure Centre (01609) 777070	Stokesley Leisure Centre (01642) 711140	Thirsk & Sowerby Leisure Centre (01845) 522447
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zest-leisure.co.uk



**NORTH
YORKSHIRE
COUNCIL**

HOLIDAY

**Thirsk & Sowerby
Leisure Centre**

Swimming Timetable



26 May – 1 June 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	12noon	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
BANK HOL 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						
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	12noon	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
BANK HOL 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							
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.

