



Thirsk & Sowerby
Leisure Centre

Swimming Timetable



▶ 50+ SWIM

Exclusive pool time for 50years+ users.

▶ 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.

▶ DISABLED & REHABILITATION

A relaxed pool session for those with a disability, who may have mobility issues and those rehabilitating.

▶ 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

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. Contact thirskswimteam@gmail.com for more information.

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

zest-leisure.co.uk



Main Pool & Sauna

	6.30am	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	9.30
MON		General Lanes ♦				Aquafit		Adult Lessons		50+ ♦		Adult Lanes Swim		General Swim ♦				Learn to Swim			Swim Club							Adult Lanes Swim			
TUES		General Lanes ♦			School Swimming							Adult Lanes Swim		General Swim ♦				Learn to Swim			General Swim ♦		Swim Club				Adult Lanes Swim				
WED		General Lanes ♦			School Swimming							Adult Lanes Swim		50+ ♦		Disabled and Rehabilitation		Learn to Swim			General Swim ♦		Nordic Divers General Swim		Aquafit		Adult Lanes Swim				
THURS		General Lanes ♦			School Swimming							Adult Lanes Swim	Staff Training						Learn to Swim			Swim Club				Adult Lanes Swim					
FRI		General Lanes ♦		Aquafit	School Swimming							Adult Lanes Swim		General Swim ♦		Discount Dip		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

	6.30am	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	9.30			
MON						Pre School Lessons					Pre School Lessons				General Swim						Learn to Swim								Aquafit					
TUES					School Swimming								General Swim									Learn to Swim			General Swim									
WED					School Swimming											Disabled and Rehabilitation						Learn to Swim			General Swim									
THURS					School Swimming							Pre School Lessons	Staff Training						Learn to Swim			General Swim												
FRI					School Swimming							Pre School Lessons				Discount Dip						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

Discount Dip

Swim on a Friday at 2.30 - 3.30pm
for just **£1.65**



Offer available term time only



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

