

Zest Swim Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 17/05/2025

Times for Monday 18 June



| Time | Session | Facility | Level |
|---------------|--------------------------------|---------------|-----------------|
| 06:45 - 08:45 | General Lanes | Main Pool | Lanes Available |
| 09:00 - 09:45 | Aquafit | Main Pool | Pool based |
| 10:00 - 10:45 | Adult Lessons | Main Pool | |
| 11:00 - 12:00 | 50+ Swim (L1) | Main Pool | Lanes Available |
| 12:15 - 13:15 | Adult Lanes | Main Pool | Lane Available |
| 13:30 - 15:45 | General Swim (Lanes available) | Main Pool | Lanes Available |
| 16:00 - 17:30 | Junior Lessons | Teaching Pool | |
| 16:00 - 17:30 | Junior Lessons | Main Pool | |
| 18:00 - 20:30 | Swim Club | Main Pool | |
| 20:45 - 21:30 | Adult Lanes | Main Pool | Lanes Available |