

Zest Swim Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 17/05/2025

Times for Friday 20 July



Time	Session	Facility	Level
06:45 - 07:45	General Lanes	Main Pool	Lanes Available
08:00 - 08:45	Aquafit	Main Pool	Mid- Low Energy
09:00 - 12:00	Schools	Main Pool	
09:00 - 12:00	Schools	Teaching Pool	
12:00 - 13:00	Adult Lanes	Main Pool	Lane Available
13:15 - 14:15	General Swim (Lanes available)	Main Pool	Lanes Available
14:30 - 15:30	Discount Dip	Main Pool	Pool based
16:00 - 17:00	Junior Lessons	Main Pool	
17:15 - 18:15	General Swim (Lanes available)	Main Pool	Lanes Available
18:30 - 21:00	Swim Club	Main Pool	