

# Zest Swim Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 17/05/2025

### Times for Thursday 20 September



Time	Session	Facility	Level
06:45 - 09:00	General Lanes	Main Pool	Lanes Available
09:00 - 12:00	Schools	Main Pool	
09:00 - 12:00	Schools	Teaching Pool	
12:00 - 13:00	Adult Lanes	Main Pool	Lane Available
13:00 - 16:00	Closed Staff Training	Main Pool	
13:00 - 16:00	Closed Staff Training	Teaching Pool	
16:00 - 17:30	Junior Lessons	Main Pool	
16:00 - 17:30	Junior Lessons	Teaching Pool	
18:00 - 20:30	Swim Club	Main Pool	
20:45 - 21:30	Adult Lanes	Main Pool	Lane Available