

# Zest Swim Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 17/05/2025

### Times for Wednesday 17 October



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	Lanes Available
13:15 - 14:15	50+ Swim (L1)	Main Pool	Lane Available
14:30 - 15:30	Accessible Swim	Main Pool	
16:00 - 17:30	Junior Lessons	Main Pool	
16:00 - 17:30	Junior Lessons	Teaching Pool	
17:15 - 18:15	General Swim (Lanes available)	Main Pool	Lanes Available
18:30 - 19:30	Nordic Divers	Main Pool	
18:30 - 19:30	General Swim	Main Pool	
19:45 - 20:30	Aquafit	Main Pool	Pool based
20:45 - 21:30	Adult Lanes	Main Pool	Lanes Available