

Zest Swim Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 17/05/2025

Times for Saturday 15 December



Time	Session	Facility	Level
07:00 - 08:30	Swim Club	Main Pool	
08:00 - 11:00	Junior Lessons	Teaching Pool	
09:00 - 11:00	Junior Lessons	Main Pool	
11:00 - 12:00	Tots Lessons	Teaching Pool	
15:00 - 16:00	HaTric	Main Pool	