

▶ 50+ SWIM

Exclusive pool time for 50years+ users.

▶ ADULTS LANES ONLY

Exclusive adult pool time, lane swimming only.

▶ AQUAFIT

Workout in the water to music, this low impact class is great fun yet easy on the joints, working against the resistance of the water. Ideal for swimmers and non swimmers.

▶ DISABLED & REHABILITATION

A relaxed pool session for those with a disability, who may have mobility issues and those rehabilitating.

▶ GENERAL LANES

Open to all, lane swimming only.

▶ GENERAL SWIM

Open to all, no lanes available.

▶ HATRIC

The club provides a safe and enjoyable environment to enable members of the community to enjoy and take part in this inclusive, multi-disciplined sport of triathlon.

▶ LEARN TO SWIM

We offer a full range of swimming lessons including babies through to juniors and competitive swimming. We also offer adult lessons so it's never too late to learn. Please see our Learn to Swim leaflet for more details. Centres may vary.

▶ SAUNA

For 16 years and over only. Opening times correspond with the pool opening times, except School Swimming.

▶ THIRSK WHITE HORSE SWIM TEAM

The club offers the opportunity to advance your swimming following completion of our Learn to Swim programme. Contact thirskswimteam@gmail.com for more information.

SAFETY AND SUPERVISION

In line with CIMSPA National Safety guidelines, a responsible adult must accompany children under eight using the swimming pools. All sessions are operated on a two children to one adult basis for all children under eight. Adults should maintain a constant watch over the children and remain in close contact with weak/non swimmers. Please inform the lifeguards if you have a medical condition that may compromise your safety or that of other swimmers before entering the pool. If you have experienced sickness or diarrhoea in the last 48 hours you should not enter the pool. Appropriate swimwear must be worn at all times.

We review our timetables regularly and amend the leaflet as required

 The centres are accessible to people with a wide range of disabilities.

This information is available in alternative formats and languages

Bedale Leisure Centre (01677) 427272	Northallerton Leisure Centre (01609) 777070	Stokesley Leisure Centre (01642) 711140	Thirsk & Sowerby Leisure Centre (01845) 522447
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hambleton.gov.uk/zest

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HAMBLETON
DISTRICT COUNCIL

Issued 4 January 2022

Parties

Why not book your next party at our pool, see our party leaflet or ask at reception for more information

TERM TIME

Thirsk & Sowerby
Leisure Centre



Swimming Timetable



Main Pool and Sauna

KEY ◆ Lanes available

	6.30am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30	
MON		General Lanes ◆		General Lanes ◆		Aquafit		Adult Lessons		50+ ◆		Adult Lanes Swim		General Swim ◆		General Swim ◆		General Swim ◆		Learn to Swim		Swim Club						Adult Lanes Swim				
TUES		General Lanes ◆		General Lanes ◆		School						Adult Lanes Swim		General Swim ◆		General Swim ◆		General Swim ◆		Learn to Swim				General Swim ◆		Swim Club				Adult Lanes Swim		
WED		General Lanes ◆		General Lanes ◆		School						Adult Lanes Swim		50+ ◆		Disabled & Rehabilitation		General Swim ◆		Learn to Swim				General Swim ◆		Nordic Divers		General Swim		Aquafit		Adult Lanes Swim
THURS		General Lanes ◆		General Lanes ◆		School						Adult Lanes Swim		Closed Staff Training						Learn to Swim				Swim Club						Adult Lanes Swim		
FRI		General Lanes ◆		Aquafit		School						Adult Lanes Swim		General Swim ◆		General Swim ◆		General Swim ◆		Learn to Swim				General Swim ◆		Swim Club						
SAT		Swim Club				Learn to Swim				General Swim		General Swim		General Swim		Adult Lanes Swim		HaTric														
SUN		Swim Club				Adult Lanes Swim		General Swim		General Swim		General Swim		Adult Lanes Swim		Book your pool party here																

Small Pool

	6.30am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9	9.30
MON						Tots Lessons					Tots Lessons					General Swim					Learn to Swim								Aquafit		
TUES						School										General Swim					Learn to Swim			General Swim							
WED						School						Tots Lessons		Disabled & Rehabilitation						Learn to Swim		General Swim									
THURS						School									Closed Staff Training						Learn to Swim										
FRI						School						Tots Lessons			General Swim						Learn to Swim			General Swim							
SAT					Learn to Swim				Tots Lessons				General Swim		General Swim		General Swim														
SUN						General Swim		General Swim		General Swim		General Swim				Book your pool party here															

General Information

- ▶ Lockers £1 returnable
- ▶ Swimwear and swimming equipment available to buy at reception
- ▶ Vending machines are available
- ▶ Times are subject to change on Bank Holiday
- ▶ We aim to operate our swimming pool temperature in line with industry guidance (PWTAG):
 - Main pool 28°C - 30°C
 - Small pool 30°C - 32°C



Wearable technology that helps you track your swim activity and improve your performance. Ask at Reception.

