

# Leeds Let's Get Active activity programme Sept 2017



Aireborough Leisure Centre		
	Swimming	Gym
Mon		
Tues		1.00—2.00pm
Weds		
Thurs		1.00—2.00pm
Fri		
Sat		1.00—2.00pm
Sun		

Armley Leisure Centre		
	Swimming	Gym
Mon	9.30—10.30am	
Tues		2.00—3.00pm
Weds		2.00—3.00pm
Thurs		2.00—3.00pm
Fri		2.00—3.00pm
Sat	2.00—3.00pm	
Sun	2.00—3.00pm	

Chippindale Pool		
	Swimming	Gym
Mon	8.45—9.45pm	
Tues	1.15—2.00pm	
Weds	8.15—9.00pm	
Thurs	6.15pm—7.00pm	
Fri	12.15—1.00pm	
Sat	7.00am—8.00am	
Sun	11.00am—12.00 pm	

Fearnville Leisure Centre		
	Swimming	Gym
Mon	9.00—10.00am	
Tues	8.30—9.30am	
Weds	8.30—9.30am	
Thurs		2.00—3.00pm
Fri		2.00—3.00pm
Sat		4.15—5.15pm
Sun	1.30—2.30pm	

Garforth Leisure Centre		
	Swimming	Gym
Mon		9.30—10.30am
Tues		8.30—9.30pm
Weds		9.30—10.30am
Thurs		8.30—9.30pm
Fri		9.30—10.30am
Sat		12.00—1.00pm
Sun		1.00—2.00pm

Holt Park Active		
	Swimming	Gym
Mon		1.00—2.00pm
Tues	1.30—2.30pm	
Weds		1.00—2.00pm
Thurs	1.30—2.30pm	
Fri		1.00—2.00pm
Sat	2.30—3.30pm	
Sun		12.00—1.00pm

John Charles Centre for Sport		
	Swimming	Gym
Mon		2.00—3.00pm
Tues	2.00—3.00pm Deep Water	
Weds	2.00—3.00pm Deep Water	
Thurs	12.30—1.30pm Female Only & general lane	
Fri		3.00—4.00pm
Sat		3.00—4.00pm
Sun		3.00—4.00pm

John Smeaton Leisure Centre		
	Swimming	Gym
Mon	2.30—3.30pm	
Tues		2.30—3.30pm
Weds	2.30—3.30pm	
Thurs	2.30—3.30pm	
Fri		2.30—3.30pm
Sat	1.00—2.00pm	
Sun		2.30—3.30pm

Kippax Leisure Centre		
	Swimming	Gym
Mon	2.30—3.30pm	
Tues	2.30—3.30pm	
Weds	8.35—9.35pm Adults Only	
Thurs	2.30—3.30pm	
Fri	2.30—3.30pm	
Sat	12.05—1.05pm	
Sun	12.00—1.00pm	

Kirkstall Leisure Centre		
	Swimming	Gym
Mon	8.30—9.30am	
Tues	8.30—9.30am	
Weds	8.30—9.30am	
Thurs	8.30—9.30am	
Fri	8.30—9.30am	
Sat	12.30—1.30pm	
Sun	12.30—1.30pm	

Middleton Leisure Centre		
	Swimming	Rackets
Mon		2.00—3.00pm
Tues		2.15—3.00pm (squash only)
Weds		
Thurs		2.00—3.00pm
Fri		2.00—3.00pm
Sat		12.00—1.00pm
Sun		12.00—1.00pm

Morley Leisure Centre		
	Swimming	Gym
Mon	2.30—3.30pm	
Tues		2.00—3.00pm
Weds	2.30—3.30pm	
Thurs	2.30—3.30pm	
Fri		2.00—3.00pm
Sat		2.00—3.00pm
Sun	4.00—5.00pm Adults Only	

Pudsey Leisure Centre		
	Swimming	Gym
Mon		2.00— 3.00pm
Tues	9.15—10.15am	
Weds		2.00—3.00pm
Thurs	12.00—1.00pm	
Fri		2.00—3.00pm
Sat	2.00—3.00pm	
Sun		2.00—3.00pm

Rothwell Leisure Centre		
	Swimming	Gym
Mon	1.00—2.00pm	
Tues		1.00—2.00pm
Weds	12.00—1.00pm	
Thurs		1.00—2.00pm
Fri	12.00—1.00pm	
Sat		1.00—2.00pm
Sun	12.00—1.00pm	

Scott Hall Leisure Centre		
	Swimming	Gym
Mon	2.30—3.30pm	
Tues		2.30—3.30pm
Weds	2.35—3.30pm	
Thurs		2.30—3.30pm
Fri	2.15—3.30pm	
Sat		2.45—3.45pm
Sun	2.15—3.15pm	

Wetherby Leisure Centre		
	Swimming	Gym
Mon		1.30—2.30pm
Tues	2.45—3.45pm	
Weds		1.30—2.30pm
Thurs	12.00—1.00pm	
Fri		1.30—2.30pm
Sat		11.00am— 12.00pm
Sun		1.30—2.30pm

## Leeds Let's Get Active Sessions

For only £10 per month you can access any of our leisure centre gym, swim or court sessions. If you prefer to attend every now and again you can pay £2 per session.

Don't forget you will need to book an appointment at your chosen Leeds leisure centre before you can use the gym. Your appointment will help you set goals, learn how to use the equipment and get the most from your workout—you will be able to ask a qualified instructor for help and advice.

Pull on some comfy clothes, pick up a bottle of water and join in the fun!

Sessions may be subject to change during school holidays. Access to an LLGA session will only be permitted until 20 mins prior to the end of the session.

[www.leedsletsgetactive.co.uk](http://www.leedsletsgetactive.co.uk)

0113 378 8001

/leedsletsgetactive

@leedsgetactive

**ONE YOU LEEDS**

**Leeds**  
CITY COUNCIL