

## Swimming Timetable

**Monday 6 November – Friday 22 December 2023**

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility), please arrive 15 minutes before the session to check in at reception. Please check our [Facebook](#) page for any recent timetable changes. **For session descriptions please visit [active.leeds.gov.uk/swimming](https://active.leeds.gov.uk/swimming)**

### Cost

Adult: £5.70 Standard, £5.10 Leeds card, £2.70 Leeds card Extra

Junior: £2.70 Standard, U3s Free

R = restricted lanes, pool may be shared with another booking

### Monday – Main Pool

Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 11.30	School Swimming Lessons
11.45 - 12.45	Lane Swim
13.00 - 14.30	School Swimming Lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.35	Junior Swimming Lessons
18.45 - 20.00	Public Swim (with 1 Lane)
20.15 - 21.30	Lane Swim

### Monday – Small Pool

Time	Session
09.30 - 11.30	School Swimming Lessons
11.45 - 12.45	Family Fun Swim
13.00 - 14.30	School Swimming Lessons
15.45 - 18.35	Junior Swimming Lessons
18.45 - 19.45	Family Fun Swim

### Tuesday – Main Pool

Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 11.30	School Swimming Lessons
11.45 - 12.45	Lane Swim
13.00 - 13.30	School Swimming Lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Public Swim (with 1 Lane)
19.15 - 20.00	Aqua Aerobics
20.15 - 21.30	Lane Swim

**Swimming Timetable****Monday 6 November – Friday 22 December 2023****Tuesday – Small Pool**

Time	Session
08.50 - 11.50	Adult & Child Swimming Lessons
12.00 - 12.45	Family Fun Swim
13.00 - 13.30	School Swimming Lessons
15.45 - 18.00	Junior Swimming lessons
18.15 - 18.45	Disability Hub

**Wednesday – Main Pool**

Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 11.30	School Swimming Lessons
11.45 - 12.45	Lane Swim
13.00 - 14.30	School Swimming Lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.45	Junior Swimming Lessons
19.00 - 19.45	Aqua Aerobics
20.00 - 21.30	Adult Swim Lessons
20.30 - 21.30	Lane Swim R

**Wednesday – Small Pool**

Time	Session
10.00 - 13.35	Adult & Child Swimming Lessons
13.35 - 14.30	School Swimming Lessons
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Family Fun Swim

**Thursday – Main Pool**

Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Lane Swim
09.30 - 11.00	School Swimming Lessons
11.15 - 12.00	Aqua Aerobics
12.15 - 13.15	Lane Swim
13.30 - 14.30	School Swimming Lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Public Swim (with 1 Lane)
19.00 - 22.00	Private Hire

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Time	Session
09.30 - 11.00	School Swimming Lessons
12.15 - 13.15	Family Fun Swim
13.30 - 14.30	School Swimming Lessons
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Family Fun Swim

**Friday – Main Pool**

Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 11.30	School Swimming Lessons
11.45 - 12.45	Lane Swim
13.00 - 14.30	School Swimming Lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.45	Public Swim (with 1 Lane)
20.00 - 21.30	Lane Swim

**Friday – Small Pool**

Time	Session
09.30 - 11.30	School Swimming Lessons
11.45 - 12.45	Family Fun Swim
13.00 - 14.30	School Swimming Lessons
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.15	Family Fun Swim

**Saturday – Main Pool**

Time	Session
08.00 - 12.15	Junior Swimming Lessons
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.15 - 16.00	Lane swim

\*18.11.23 – Please note due to an external hire there be no 15.15-16.00 Lane Swim\*

**Saturday – Small Pool**

Time	Session
08.00 - 11.45	Junior Swimming Lessons
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.30 - 16.35	Junior Swimming lessons

**Swimming Timetable****Monday 6 November – Friday 22 December 2023**

Sunday – Main Pool	
Time	Session
08.00 - 09.00	Junior Swimming Lessons
09.00 - 10.00	Lane Swim
10.15 - 11.15	Fun Swim
11.30 - 12.15	Fun Swim
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.00 - 16.45	Junior Swimming Lessons
17.30 - 18.15	Disability Swim
18.30 - 19.30	Adult Swimming Lessons
19.45 - 20.30	Swimfit Coached Adults
20.30 - 21.30	Lane Swim

Sunday – Small Pool	
Time	Session
08.00 - 10.15	Adult & Child Swimming Lessons
10.30 - 11.15	Family Fun Swim
11.30 - 12.15	Family Fun Swim
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.00 - 17.15	Junior Swimming Lessons

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