

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**

Cost

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

Junior: £2.70 Standard, U3s Free

Monday – Main Pool	
Time	Session
07:00 - 07:45	Lane Swim
08:00 - 08:45	Lane Swim
09:30 - 11:30	School Swimming Lessons
11:45 - 12:45	Public Swim (with 3 Lanes)
13:00 - 14:30	School Swimming Lessons
14:45 - 15:30	Public Swim (with 3 Lanes)
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Public Swim (with 2 Lanes)
19:30 - 20:30	Public Swim (with 3 Lanes)
20:45 - 21:30	Lane Swim

Monday – Small Pool	
Time	Session
09:30 - 10:00	School Swimming Lessons
10:00 - 11:30	Parent & Child Swimming Lessons
11:30 - 12:30	Family Fun Swim
13:00 - 14:30	School Swimming Lessons
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Family Fun Swim

Tuesday – Main Pool	
Time	Session
07:00 - 07:45	Lane Swim
08:00 - 08:45	Lane Swim
09:30 - 11:30	School Swimming Lessons
12:25 - 13:25	Public Swim (with 3 Lanes)
13:30 - 14:30	School Swimming Lessons
15:45 - 18:00	Junior Swimming Lessons
18:10 - 18:55	Public Swim (with 2 Lanes)
20:00 - 22:00	Junior Swimming Lessons – Lifesaving

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Tuesday – 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
18:10 - 18:55	Family Fun Swim

Wednesday – Main Pool	
Time	Session
07:00 - 07:45	Lane Swim
08:00 - 08:45	Lane Swim
09:00 - 09:45	Public Swim (with 1 Lane)
10:00 - 11:30	School Swimming Lessons
11:45 - 12:45	Public Swim (with 3 Lanes)
13:00 - 14:30	School Swimming Lessons
14:45 - 15:30	Public Swim (with 3 Lanes)
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Public Swim (with 2 Lanes)
20:30 - 21:15	Lane Swim

Wednesday – 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 - 19:00	Family Fun Swim

Thursday – Main Pool	
Time	Session
07:00 - 07:45	Lane Swim
08:00 - 08:45	Lane Swim
09:30 - 10:30	School Swimming Lessons
10:30 - 11:30	Adult Swimming Lessons
11:45 - 12:45	Public Swim (with 3 Lanes)
13:00 - 14:30	School Swimming Lessons
14:45 - 15:30	Adult Width Swim
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Public Swim (with 2 Lanes)
19:15 - 20:15	Junior Swimming Lesson – Stage 8 Competitive
20:30 - 21:15	Lane Swim

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Thursday – Small Pool	
Time	Session
09:30 - 10:30	School Swimming Lessons
10:30 - 11:30	Parent & Child Swimming Lessons
11:30 - 12:30	Family Fun Swim
13:00 - 14:30	School Swimming Lessons
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Family Fun Swim

Friday – Main Pool	
Time	Session
07:00 - 07:45	Lane Swim
08:00 - 08:45	Lane Swim
09:30 - 11:30	School Swimming Lessons
11:45 - 12:45	Public Swim (with 3 Lanes)
13:00 - 14:30	School Swimming Lessons
14:45 - 15:30	Public Swim (with 3 Lanes)
15:45 - 18:00	Junior Swimming Lessons
18:15 - 19:00	Public Swim (with 2 Lanes)
19:15 - 20:15	Adult Swimming Lessons

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 - 19:00	Family Fun Swim

Saturday – Main Pool	
Time	Session
08:00 - 08:45	Lane Swim
09:00 - 14:00	Junior Swimming Lessons
14:00 - 15:00	Public Swim (with 1 Lane)
15:30 - 16:15	Family Float Swim

Saturday – Small Pool	
Time	Session
08:00 - 14:00	Junior Swimming Lessons
14:00 - 15:00	Fun Swim
15:30 - 16:15	Family Fun Swim

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Sunday – Main Pool	
Time	Session
08:00 - 08:45	Lane Swim
09:00 - 09:45	Lane Swim
10:00 - 12:00	Public Swim (with 1 Lane)
12:30 - 13:15	Lane Swim
13:30 - 14:15	Public Swim (with 1 Lane)
14:30 - 15:15	Fun Swim
16:30 - 17:30	Junior Swimming Lesson – Stage 8 Competitive

Sunday – Small Pool	
Time	Session
10:00 - 12:00	Fun Swim
13:30 - 14:15	Fun Swim
14:30 - 15:15	Fun Swim

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