

### Swimming Timetable

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

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility/Hydrotherapy pool), 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 Leedscard, £2.70 Leedscard Extra

Junior: £2.70 Standard, U3s Free

Monday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.15	Aqua Mobility
10.20-11.20	Public Swim (2 Lanes)
11.30-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-19.00	Junior Swimming Lessons
19.00-19.30	Adult Swimming Lessons
19.35-20.20	Lane Swim

Monday – Small Pool	
Time	Session
09.30-11.00	Junior Swimming Lessons
11.05-11.55	Family Fun Swim
12.00-12.55	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-18.00	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

Tuesday – Hydrotherapy Pool	
Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General

### Swimming Timetable

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

#### **Tuesday – Main Pool**

Time	Session
07.15-09.45	Lane Swim
10.00-10.45	Aqua Zumba
10.50-11.35	Disability Swim / Lane Swim
11.40-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-19.55	Lane Swim
20.00-20.55	Female Lane Swim
21.00-22.00	Lane Swim

#### **Tuesday – Small Pool**

Time	Session
09.30-12.00	Junior Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

#### **Wednesday – Hydrotherapy Pool**

Time	Session
12.15 -13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.30-19:15	Hydrotherapy Access
18.30-19:15	Hydrotherapy General

#### **Wednesday – Main Pool**

Time	Session
07.15-09.25	Lane Swim
09.30-12.00	School Swimming Lessons
12.05-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.10-22.00	Lane Swim

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

<b>Wednesday – Small Pool</b>	
Time	Session
09.30-12.00	School Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

<b>Thursday – Hydrotherapy Pool</b>	
Time	Session
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.00-18.45	Hydrotherapy Access
18.00-18.45	Hydrotherapy General

<b>Thursday – Main Pool</b>	
Time	Session
07.15-09.25	Lane Swim
09.30-12.00	School Swimming Lessons
12.05-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.10-20.55	Aqua Zumba
21.00-22.00	Lane Swim

<b>Thursday – Small Pool</b>	
Time	Session
09.30-12.00	School Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

<b>Friday – Main Pool</b>	
Time	Session
07.15-09.25	Lane Swim
09.30-12.00	School Swimming Lessons
12.05-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.30-22.00	Lane Swim

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

Friday – Small Pool	
Time	Session
09.30-12.00	School Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

Saturday – Main Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.10-15.10	Fun Swim
15.20-16.50	Public Swim (with 2 Lanes)
17.00-18.00	Lane Swim

Saturday – Small Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Lessons
14.10-15.10	Family Fun Swim
15.20-16.50	Family Fun Swim

Sunday – Hydrotherapy Pool	
Time	Session
12.00-12.45	Hydrotherapy Access
12.00-12.45	Hydrotherapy General

Sunday – Main Pool	
Time	Session
08.15-09.25	Lane Swim
09.30-10.30	Fun Swim
10.35-11.45	Fun Swim
11.55-12.55	Lane Swim
13.00-13.55	Fun Swim
14.00-14.55	Fun Swim
19.05-20.05	Lane Swim

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

Sunday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.35-11.45	Family Fun Swim
11.55-12.55	Family Fun Swim
13.00-13.55	Family Fun Swim
14.00-14.55	Family Fun Swim
15.05-16.05	Private Party Hire (Enquire Now!)
16.10-17.10	Family Fun Swim
17.15-18.15	Family Fun Swim

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