

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

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

Monday – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:15 – 09:45	Adult & Child Swimming Lessons
09:45 – 10:30	Aqua Aerobics
10:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Lane Swim
13:30 – 14:30	School Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Lane Swim
19:15 – 20:00	Aqua Zumba

Monday – Small Pool

Time	Session
09:15 – 09:45	Junior Swimming Lessons
10:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Public Swim
13:30 – 14:30	School Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons

Tuesday – Main Pool

Time	Session
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Lane Swim
13:30 – 14:00	School Swimming Lessons
15:45 – 19:00	Junior Swimming Lessons
18:15 – 19:00	Lane Swim R
20:30 – 21:15	Lane Swim

Tuesday – Small Pool

Time	Session
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Public Swim
13:30 – 14:00	School Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons

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Wednesday – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Lane Swim
13:30 – 15:00	School Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons
18:00 – 18:45	Disability Swim
19:00 – 20:00	Adult Swimming Lessons
20:30 – 21:15	Lane Swim (3 Lanes) R
20:30 – 21:30	Swimfit

Wednesday – Small Pool

Time	Session
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Public Swim
13:30 – 15:00	School Swimming Lessons
15:45 – 17:15	Junior Swimming Lessons

Thursday – Main Pool

Time	Session
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Lane Swim
13:30 – 15:00	School Swimming Lessons
15:45 – 19:00	Junior Swimming Lessons
18:15 – 19:00	Lane Swim R
20:30 – 21:15	Female Only Public Swim (with 3 Lanes)

Thursday – Small Pool

Time	Session
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Public Swim
13:30 – 15:00	School Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim

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Friday – Main Pool

Time	Session
08:00 – 09:00	Lane Swim
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Lane Swim
13:30 – 14:30	School Swimming Lessons
14:30 – 15:15	Aqua Mobility
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Fun Swim
19:05 – 19:50	Public Swim (with 2 Lanes)
20:00 – 20:45	Lane Swim

Friday – Small Pool

Time	Session
09:30 – 12:00	School Swimming Lessons
12:30 – 13:15	Public Swim
13:30 – 14:30	School Swimming Lessons
15:45 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Fun Swim

Saturday – Main Pool

Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Public Swim (with 2 Lanes)
13:45 – 14:45	Public Swim (with 2 Lanes)
15:00 – 16:00	Lane Swim

Saturday – Small Pool

Time	Session
08:30 – 12:15	Junior Swimming Lessons
12:30 – 13:30	Family Swim
13:45 – 14:45	Family Swim

Sunday – Main Pool

Time	Session
08:30 – 09:15	Lane Swim
09:30 – 10:15	SENsory Family Fun Swim
10:30 – 12:15	Public Swim (with 2 lanes)
12:30 – 13:30	Lane Swim (3 lanes) R
13:45 – 14:45	Fun Swim
15:00 – 15:45	Female Only Family Swim
16:00 – 16:45	Female Only Public Swim (with 3 Lanes)

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Sunday – Small Pool	
Time	Session
09:30 – 10:15	SENsory Family Fun Swim
10:30 – 12:15	Family Swim
13:45 – 14:45	Family Fun Swim

For session descriptions please visit active.leeds.gov.uk/swimming