

**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

Monday	
Time	Session
07.00-08.00	Lane Swim
08.15-09.00	Public Swim (with 2 Lanes)
09.30-10.30	School Swimming Lessons
11.00-11.45	Aqua Mobility
12.20-13.05	Public Swim (with 2 Lanes)
13.30-14.00	School Swimming Lessons
14.15-15.15	Disability Swim
15.30-18.30	Junior Swimming Lessons
18.45-19.45	Lane Swim
20.00-20.45	Aqua Aerobics

Tuesday	
Time	Session
07.00-08.00	Public Swim (with 2 Lanes)
08.15-09.15	Adult Width Swim
09.30-12.00	School Swimming Lessons
12.20-13.05	Lane Swim
13.30-15.00	School Swimming Lessons
15.30-19.00	Junior Swimming Lessons
19.30-20.30	Lane Swim
20.40-21.40	Lane Swim

Wednesday	
Time	Session
07.00-07.45	Lane Swim
08.00-09.00	Public Swim (with 2 Lanes)
09.15-09.45	Adult & Child Swimming Lessons
10.00-11.30	School Swimming Lessons
11.35-12.05	Adult & Child Swimming Lessons
12.20-13.05	Public Swim (with 2 Lanes)
13.30-14.30	School Swimming Lessons
14.45-15.30	Adult Width Swim
15.30-18.00	Junior Swimming Lessons
18.30-19.15	Public Swim (with 2 Lanes)
19.30-20.15	Lane Swim

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Thursday	
Time	Session
07.00-07.45	Lane Swim
08.00-08.45	Public Swim (with 2 Lanes)
09.00-09.45	Aqua Aerobics
10.00-12.00	School Swimming Lessons
12.20-13.05	Lane Swim
13.30-14.30	School Swimming Lessons
14.45-15.30	Adult Width Swim
15.30-18.00	Junior Swimming Lessons
18.05-18.50	Lane Swim

Friday	
Time	Session
07.00-07.45	Lane Swim
08.00-08.45	Public Swim (with 2 Lanes)
09.00-09.45	Family Fun Swim
10.00-12.00	School Swimming Lessons
12.20-13.05	Public Swim (with 2 Lanes)
13.30-14.00	School Swimming Lessons
15.30-18.00	Junior Swimming Lessons
18.15-19.00	Lane Swim

Saturday	
Time	Session
08.00-13.30	Junior Swimming Lessons
13.30-14.15	Disability Swim
14.30-15.30	Public Swim

Sunday	
Time	Session
08.00-09.00	Lane Swim
09.15-10.00	Family Fun Swim
12.15-13.15	Public Swim (with 1 Lane)
13.30-14.15	Family Fun Swim
14.30-15.30	Junior Swimming Lessons – Stage 8 Comp
17.00-18.00	Lane Swim

For session descriptions please visit [active.leeds.gov.uk/swimming](https://active.leeds.gov.uk/swimming)