

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 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
10:00 – 11:00	Public Swim (with 2 Lanes)
12:00 – 13:00	Lane Swim
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
20:00 – 21:00	Adult Swimming Lessons
21:05 – 22:00	Lane Swim

Monday – Small Pool

Time	Session
12:00 – 12:45	Family Swim
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Swim

Tuesday – Main Pool

Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane swim
10:00 – 11:30	School Swimming Lessons
12:00 – 13:00	Lane Swim
13:30 – 15:00	School Swimming Lessons
15:30 – 18:00	Junior Swimming Lessons
20:15 – 21:30	Lane Swim

Tuesday – Small Pool

Time	Session
10:00 – 11:30	School Swimming Lessons
12:00 – 12:45	Family Swim
13:30 – 15:00	School Swimming Lessons
15:30 – 18:35	Junior Swimming Lessons

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Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
10:00 – 11:30	School Swimming Lessons
12:00 – 13:00	Lane Swim
13:30 – 14:30	School Swimming Lessons
15:30 – 18:35	Junior Swimming Lessons
20:45 – 22:00	Lane swim

Wednesday – Small Pool

Time	Session
10:00 – 11:30	School Swimming Lessons
12:00 – 12:45	Family Swim
13:30 – 14:30	School Swimming Lessons
15:30 – 18:00	Junior Swimming Lessons

Thursday – Main Pool

Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
10:15 – 11:15	Public Swim (with 2 Lanes)
12:00 – 13:00	Lane Swim
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
20:15 – 21:00	Lane Swim Female
21:00 – 22:00	Lane Swim

Thursday – Small Pool

Time	Session
12:00 – 12:45	Family Swim
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Swim

Friday – Main Pool

Time	Session
07:00 – 08:00	Lane Swim
08:15 – 09:00	Lane Swim
10:00 – 11:30	School Swimming Lessons
12:00 – 13:00	Lane Swim
13:30 – 15:00	School Swimming Lessons
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Public Swim (with 2 Lanes)
20:00 – 21:00	Lane Swim

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Friday – Small Pool

Time	Session
10:00 – 11:30	School Swimming Lessons
12:00 – 12:45	Family Swim
13:30 – 15:00	School Swimming Lessons
15:30 – 18:00	Junior Swimming Lessons
18:15 – 19:00	Family Swim

Saturday – Main Pool

Time	Session
08:00 - 15:30	Junior Swimming Lessons

Saturday – Small Pool

Time	Session
08:00 - 15:30	Junior Swimming Lessons

Sunday – Main Pool

Time	Session
09:00 – 10:00	Lane Swim
10:15 – 11:15	Public Swim (with 2 lanes)
11:30 – 12:30	Family Swim
13:00 – 14:00	Public Swim (No Lanes)
14:15 – 14:45	Disability Swimming Lessons
14:45 – 15:30	Disability General Swim
16:00 – 17:00	Lane Swim

Sunday – Small Pool

Time	Session
09:00 – 10:00	Family Swim
10:15 – 11:15	Family Swim
11:30 – 12:30	Family Swim
13:00 – 14:00	Family Swim

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