

**Swimming Timetable**  
**22 July – 1 September 24**

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility & Hydro 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](http://active.leeds.gov.uk/Swimming)**

**Cost**

**Adult:** £5.70 Standard, £5.10 Leeds card, £4.80 Leeds card 60 (Peak), £3.30 Leeds card 60 (Off Peak), £2.70 Leeds card Extra (Peak), £2.20 Leeds card Extra (Off Peak)

**Junior:** £2.70 Standard, U3s Free

*Peak: After 16:00 weekdays. Off Peak: opening - 16:00 weekdays & all weekend.*

**Week 1: Monday 22<sup>nd</sup> July – Sunday 28<sup>th</sup> July**

Monday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.15	Aqua Mobility
10.20-11.20	Public Swim (with 2 Lanes)
11.30-12.55	Lane Swim
13.30-15.00	Fun Swim
15.40-18.00	Junior Swimming Lessons
18.10-19.00	Public Swim (with 2 lanes)
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
11.10-11.55	Family Fun Swim
12.05-12.55	Family Fun Swim
13.30-15.00	Family Fun Swim
15.50-18.05	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
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

**Swimming Timetable**  
**22 July – 1 September 24**

<b>Tuesday – Main Pool</b>	
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
14.00-15.00	Fun Swim
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

<b>Tuesday – Small Pool</b>	
Time	Session
09.30-12.00	Junior Swimming Lessons
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
15.40-17.55	Junior Swimming Lessons
18.05-19.00	Family Fun Swim

<b>Wednesday – Hydrotherapy Pool</b>	
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

<b>Wednesday – Main Pool</b>	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.00-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.10-22.00	Lane Swim

**Swimming Timetable**  
**22 July – 1 September 24**

<b>Wednesday – Small Pool</b>	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
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

<b>Thursday – Main Pool</b>	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.00-15.00	Fun Swim
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
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

**Swimming Timetable**  
**22 July – 1 September 24**

Friday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.15-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.30-22.00	Lane Swim

Friday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.15-15.00	Family Fun Swim
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 Swimming 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

**Swimming Timetable**  
**22 July – 1 September 24**

<b>Sunday – Main Pool</b>	
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
15.00-19.00	Squad Swimming
19.05-20.05	Lane Swim

<b>Sunday – Small Pool</b>	
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

SUMMER HOLIDAYS

## Swimming Timetable 22 July – 1 September 24

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility & Hydro 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](http://active.leeds.gov.uk/Swimming)**

### Cost

**Adult:** £5.70 Standard, £5.10 Leeds card, £4.80 Leeds card 60 (Peak), £3.30 Leeds card 60 (Off Peak), £2.70 Leeds card Extra (Peak), £2.20 Leeds card Extra (Off Peak)

**Junior:** £2.70 Standard, U3s Free

*Peak: After 16:00 weekdays. Off Peak: opening - 16:00 weekdays & all weekend.*

## Weeks 2 - 5: Monday 29<sup>th</sup> July – Sunday 25<sup>th</sup> August

### Monday – Main Pool

Time	Session
07.15-09.25	Lane Swim
09.30-10.15	Aqua Mobility
10.20-11.20	Public Swim (with 2 Lanes)
11.30-12.55	Lane Swim
13.30-15.00	Fun Swim
15.40-18.00	Junior Swimming Lessons
18.10-19.00	Public Swim (with 2 lanes)
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
11.10-11.55	Family Fun Swim
12.05-12.55	Family Fun Swim
13.00-14.00	Family Fun Swim
15.50-18.05	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
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

**Swimming Timetable**  
**22 July – 1 September 24**

<b>Tuesday – Main Pool</b>	
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
14.00-15.00*	Fun Swim
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

\*Please note the 14.00-15.00 Fun Swim will be cancelled on 6/8/24 due to an external hire

<b>Tuesday – Small Pool</b>	
Time	Session
09.30-12.00	Junior Swimming Lessons
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
15.40-17.55	Junior Swimming Lessons
18.05-19.00	Family Fun Swim

\*Please note the 14.00-15.00 Fun Swim will be cancelled on 6/8/24 due to an external hire

<b>Wednesday – Hydrotherapy Pool</b>	
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

<b>Wednesday – Main Pool</b>	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.00-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.10-22.00	Lane Swim

**Swimming Timetable**  
**22 July – 1 September 24**

Wednesday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

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

Thursday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.00-15.00*	Fun Swim
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

\*Please note the 14.00-15.00 Fun Swim will be cancelled on 8/8/24 due to an external hire

Thursday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.00-15.00*	Family Fun Swim
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

\*Please note the 14.00-15.00 Fun Swim will be cancelled on 8/8/24 due to an external hire



**Swimming Timetable**  
**22 July – 1 September 24**

Friday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.00-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
20.30-22.00	Lane Swim

Friday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
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 Swimming 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

**Swimming Timetable**  
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<b>Sunday – Main Pool</b>	
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
15.00-19.00	Squad Swimming
19.05-20.05	Lane Swim

<b>Sunday – Small Pool</b>	
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

SUMMER HOLIDAYS

**Swimming Timetable**  
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**Cost**

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**Junior:** £2.70 Standard, U3s Free

*Peak: After 16:00 weekdays. Off Peak: opening - 16:00 weekdays & all weekend.*

**Week 6: Monday 26<sup>th</sup> August – Sunday 1<sup>st</sup> September**

Monday – Main Pool (Bank Holiday)	
Time	Session
07.15-09.25	Lane Swim
09.30-10.15	Public Swim (with 2 Lanes)
10.20-11.20	Public Swim (with 2 Lanes)
11.30-12.55	Lane Swim
13.00-14.30	Public Swim (with 2 Lanes)

Monday – Small Pool	
Time	Session
09.30-11.00	Family Fun Swim
11.10-11.55	Family Fun Swim
12.05-12.55	Family Fun Swim
13.00-14.30	Family Fun Swim

Tuesday – 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

**Swimming Timetable**  
**22 July – 1 September 24**

<b>Tuesday – Main Pool</b>	
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
14.00-15.00	Fun Swim
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

<b>Tuesday – Small Pool</b>	
Time	Session
09.30-12.00	Junior Swimming Lessons
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
15.40-17.55	Junior Swimming Lessons
18.05-19.00	Family Fun Swim

<b>Wednesday – Hydrotherapy Pool</b>	
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

<b>Wednesday – Main Pool</b>	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.00-15.00	Fun Swim
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.10-22.00	Lane Swim

**Swimming Timetable**  
**22 July – 1 September 24**

<b>Wednesday – Small Pool</b>	
Time	Session
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
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

<b>Thursday – Main Pool</b>	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
12.05-12.55	Lane Swim
14.00-15.00	Fun Swim
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
09.30-10.30	Family Fun Swim
10.45-11.45	Family Fun Swim
12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
15.40-17.55	Junior Swimming Lessons
18.10-19.00	Family Fun Swim

**Swimming Timetable**  
**22 July – 1 September 24**

Friday – Main Pool	
Time	Session
07.15-09.25	Lane Swim
09.30-10.30	Public Swim (with 2 Lanes)
10.45-11.45	Public Swim (with 2 Lanes)
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20.30-22.00	Lane Swim

Friday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
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12.05-12.55	Family Fun Swim
14.00-15.00	Family Fun Swim
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 Swimming 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

**Swimming Timetable**  
**22 July – 1 September 24**

<b>Sunday – Main Pool</b>	
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
15.00-19.00	Squad Swimming
19.05-20.05	Lane Swim

<b>Sunday – Small Pool</b>	
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!)
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SUMMER HOLIDAYS