

Swimming Timetable
22 July – 1 September 24

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

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 1-5: Monday 22nd July – Sunday 25th August

Monday	
Time	Session
07.00-08.00	Lane Swim
08.15-09.00	Public Swim (with 2 Lanes)
09.00-08.45	Swimming lesson assessments
09.00-09.45	Family Float Swim
11.00-11.45	Aqua Mobility
12.05-13.05	Lane Swim
13.15-14.00	Intensive Swimming Lessons (See separate post)
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
07.00-07.45	Public Swim (with 2 Lanes)
08.00-08.45	Adult Width Swim
09.00-09.45	Family Float Swim
10.00-11.00	Intensive Swimming Lessons (See separate post)
11.15-12.00	Public Swim (with 1 lane)
12.20-13.05	Lane Swim
14.30-15.15	Public Swim (with 1 lane)
15.30-19.00	Junior Swimming Lessons
19.30-20.30	Lane Swim
20.40-21.40	Lane Swim

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Wednesday	
Time	Session
07.00-07.45	Lane Swim
08.00-08.45	Public Swim (with 2 Lanes)
09.00-09.45	Family Float Swim
10.00-11.00	Intensive Swimming Lessons (See separate post)
11:15 – 12:00	Public Swim (with 2 Lanes)
12.15-13.00	Lane Swim
14.30-15.15	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

Thursday	
Time	Session
07.00-07.45	Lane Swim
08.00-08.45	Public Swim (with 2 Lanes)
09.00-09.45	Aqua Aerobics
10.00-11.00	Intensive Swimming Lessons (See separate post)
11.15-12.00	Family Float Swim
12.15-13.00	Lane Swim
14.30-15.15	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	Public Swim
10.00-11.00	Intensive Swimming Lessons (See separate post)
11:15 – 12:00	Family Float Swim
12.15-13.00	Lane Swim
14.15-15.15	Staff Training
15.30-18.00	Junior Swimming Lessons
18.15-19.00	Lane Swim

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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

SUMMER HOLIDAYS

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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 26th August – Sunday 1st September

Monday (BANK HOLIDAY)	
Time	Session
08.00-08.45	Lane Swim
09.00-09.45	Public Swim
12.15-13.00	Lane Swim
13.15-14.00	Family Float Swim
14.30-15.15	Public Swim (with 1 Lane)

Tuesday	
Time	Session
07.00-07.45	Public Swim (with 2 Lanes)
08.00-08.45	Adult Width Swim
09.00-09.45	Family Float Swim
10.00-11.00	Intensive Swimming Lessons (See separate post)
11.15-12.00	Public Swim (with 1 lane)
12.20-13.05	Lane Swim
14.30-15.15	Public Swim (with 1 lane)
15.30-19.00	Junior Swimming Lessons
19.30-20.30	Lane Swim
20.40-21.40	Lane Swim

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Wednesday	
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07.00-07.45	Lane Swim
08.00-08.45	Public Swim (with 2 Lanes)
09.00-09.45	Family Float Swim
10.00-11.00	Intensive Swimming Lessons (See separate post)
11:15 – 12:00	Public Swim (with 2 Lanes)
12.15-13.00	Lane Swim
14.30-15.15	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

Thursday	
Time	Session
07.00-07.45	Lane Swim
08.00-08.45	Public Swim (with 2 Lanes)
09.00-09.45	Aqua Aerobics
10.00-11.00	Intensive Swimming Lessons (See separate post)
11.15-12.00	Family Float Swim
12.15-13.00	Lane Swim
14.30-15.15	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	Public Swim
10.00-11.00	Intensive Swimming Lessons (See separate post)
11:15 – 12:00	Family Float Swim
12.15-13.00	Lane Swim
14.15-15.15	Staff Training
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

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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

SUMMER HOLIDAYS