

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. **For session descriptions please visit 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 22nd July – Sunday 28th July

Monday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.35	Junior Swimming Lessons
18.45 - 20.00	Public Swim (with 1 Lane)
20.15 - 21.30	Lane Swim

Monday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Family Fun Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.30	Family Fun Swim
15.45 - 18.35	Junior Swimming Lessons
18.45 - 19.45	Family Fun Swim

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Tuesday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Public Swim (with 1 Lane)
19.15 - 20.00	Aqua Aerobics
20.15 - 21.30	Lane Swim

Tuesday - Small Pool	
Time	Session
08.50 - 11.50	Adult & Child Swimming Lessons
12.00 - 13.00	Family Fun Swim
14.45 - 15.30	Family Fun Swim
15.45 - 18.00	Junior Swimming lessons
18.15 - 18.45	Disability Hub Swimming Lessons

Wednesday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.45	Junior Swimming Lessons
19.00 - 19.45	Aqua Aerobics
20.00 - 21.30	Adult Swimming Lessons
20.30 - 21.30	Lane Swim R

Wednesday - Small Pool	
Time	Session
09.10 - 09.55	Family Fun Swim
10.00 - 13.35	Adult & Child Swimming Lessons
14.15 - 15.30	Family Fun Swim
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Family Fun Swim

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Thursday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Lane Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.10	Family Fun Swim
11.15 - 12.00	Aqua Aerobics
12.15 - 13.15	Lane Swim
13.30 - 14.15	Family Fun Swim
14.30 - 15.30	Public Swim (with 1 Lane)
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Public Swim (with 1 Lane)
19.00 - 22.00	Private Hire

Thursday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
12.15 - 13.30	Family Fun Swim
14.30 - 15.30	Family Fun Swim
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Family Fun Swim

Friday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.45	Public Swim (with 1 Lane)
20.00 - 21.30	Lane Swim

Friday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 13.30	Family Fun Swim
14.15 - 15.30	Family Fun Swim
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.15	Family Fun Swim

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Saturday - Main Pool	
Time	Session
08.00 - 12.15	Junior Swimming Lessons
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.15 - 16.00	Lane Swim

Saturday - Small Pool	
Time	Session
08.00 - 11.45	Junior Swimming Lessons
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.30 - 16.45	Junior Swimming Lessons

Sunday - Main Pool	
Time	Session
08.00 - 09.00	Junior Swimming Lessons
09.00 - 10.00	Lane Swim
10.15 - 11.15	Fun Swim
11.30 - 12.15	Fun Swim
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.00 - 16.45	Junior Swimming Lessons
17.30 - 18.15	Disability Swim
18.30 - 19.30	Adult Swimming Lessons
19.45 - 20.30	Swim Fit Coached Adults
20.30 - 21.30	Lane Swim

Sunday - Small Pool	
Time	Session
08.00 - 10.15	Adult & Child Swimming Lessons
10.30 - 11.15	Family Fun Swim
11.30 - 12.15	Family Fun Swim
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.00 - 17.15	Junior Swimming Lessons

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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 29th July – Sunday 25th August

Monday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.35	Junior Swimming Lessons
18.45 - 20.00	Public Swim (with 1 Lane)
20.15 - 21.30	Lane Swim

Monday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Family Fun Swim
13.00 - 14.15	Family Fun Swim
14.15 - 15.30	Family Fun Swim
15.45 - 18.35	Junior Swimming Lessons
18.45 - 19.45	Family Fun Swim

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Tuesday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.30	Lane Swim
12.45 - 13.30	Family Fun Swim
13.45 - 14.30	Holiday lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Public Swim (with 1 Lane)
19.15 - 20.00	Aqua Aerobics
20.15 - 21.30	Lane Swim

*Please note the 14.45-15.30 Public Swim on 6/8/24 will be cancelled

Tuesday - Small Pool	
Time	Session
08.50 - 11.50	Adult & Child Swimming Lessons
12.00 - 13.00	Family Fun Swim
14.45 - 15.30	Family Fun Swim
15.45 - 18.00	Junior Swimming lessons
18.15 - 18.45	Disability Hub Swimming Lessons

Wednesday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 12.00	Family Fun Swim
12.15 - 13.30	Lane Swim
13.45 - 14.30	Swim lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.45	Junior Swimming Lessons
19.00 - 19.45	Aqua Aerobics
20.00 - 21.30	Adult Swimming Lessons
20.30 - 21.30	Lane Swim R

Wednesday - Small Pool	
Time	Session
09.10 - 09.55	Family Fun Swim
10.00 - 13.35	Adult & Child Swimming Lessons
13.45 - 14.30	Swim lessons
14.45 - 15.30	Family Fun Swim
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Family Fun Swim

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Thursday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Lane Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.10	Family Fun Swim
11.15 - 12.00	Aqua Aerobics
12.15 - 13.30	Lane Swim
13.45 - 14.30	Swim lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Public Swim (with 1 Lane)
19.00 - 22.00	Private Hire

Thursday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
12.15 - 13.30	Family Fun Swim
13.45 - 14.30	Swim lessons
14.45 - 15.30	Family Fun Swim
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Family Fun Swim

Friday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.15	Family Fun Swim
11.30 - 12.30	Lane Swim
12.45 - 13.30	Family Fun Swim
13.45 - 14.30	Swim lessons
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.45	Public Swim (with 1 Lane)
20.00 - 21.30	Lane Swim

Friday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 13.30	Family Fun Swim
14.45 - 15.15	Family Fun Swim
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.15	Family Fun Swim

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Saturday - Main Pool

Time	Session
08.00 - 12.15	Junior Swimming Lessons
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.15 - 16.00	Lane Swim

Saturday - Small Pool

Time	Session
08.00 - 11.45	Junior Swimming Lessons
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.30 - 16.45	Junior Swimming Lessons

Sunday - Main Pool

Time	Session
08.00 - 09.00	Junior Swimming Lessons
09.00 - 10.00	Lane Swim
10.15 - 11.15	Fun Swim
11.30 - 12.15	Fun Swim
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.00 - 16.45	Junior Swimming Lessons
17.30 - 18.15	Disability Swim
18.30 - 19.30	Adult Swimming Lessons
19.45 - 20.30	Swim Fit Coached Adults
20.30 - 21.30	Lane Swim

Sunday - Small Pool

Time	Session
08.00 - 10.15	Adult & Child Swimming Lessons
10.30 - 11.15	Family Fun Swim
11.30 - 12.15	Family Fun Swim
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.00 - 17.15	Junior Swimming Lessons

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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 26th August – Sunday 1st September

Monday - Main Pool (BANK HOLIDAY)	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 14.15	Family Fun Swim
14.30 - 15.45	Public Swim (with 1 Lane)

Monday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Family Fun Swim
13.00 - 14.15	Family Fun Swim
14.30 - 15.45	Family Fun Swim

Tuesday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
14.45 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Public Swim (with 1 Lane)
19.15 - 20.00	Aqua Aerobics
20.15 - 21.30	Lane Swim

Swimming Timetable
22 July – 1 September 24

Tuesday - Small Pool	
Time	Session
08.50 - 11.50	Adult & Child Swimming Lessons
12.00 - 13.15	Family Fun Swim
15.45 - 18.00	Junior Swimming lessons
18.15 - 18.45	Disability Hub Swimming Lessons

Wednesday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Public Swim (with 1 Lane)
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 14.00	Public Swim (with 1 Lane)
14.15 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.45	Junior Swimming Lessons
19.00 - 19.45	Aqua Aerobics
20.00 - 21.30	Adult Swimming Lessons
20.30 - 21.30	Lane Swim R

Wednesday - Small Pool	
Time	Session
09.10 - 09.55	Family Fun Swim
10.00 - 13.35	Adult & Child Swimming Lessons
14.15 - 15.30	Family Fun Swim
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.00	Family Fun Swim

Thursday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Lane Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.10	Public Swim
11.15 - 12.00	Aqua Aerobics
12.15 - 13.15	Lane Swim
13.30 - 14.15	Family Fun Swim
14.30 - 15.30	Public Swim (with 1 Lane)
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Public Swim (with 1 Lane)
19.00 - 22.00	Private Hire

Swimming Timetable
22 July – 1 September 24

Thursday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
12.15 - 13.15	Family Fun Swim
13.30 - 14.15	Family Fun Swim
14.30 - 15.30	Family Fun Swim
15.45 - 17.30	Junior Swimming Lessons
17.45 - 18.45	Family Fun Swim

Friday - Main Pool	
Time	Session
07.00 - 08.00	Lane Swim
08.15 - 09.15	Adult Width Swim
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Lane Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.30	Public Swim (with 1 Lane)
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.45	Public Swim (with 1 Lane)
20.00 - 21.30	Lane Swim

Friday - Small Pool	
Time	Session
09.30 - 10.15	Family Fun Swim
10.30 - 11.30	Family Fun Swim
11.45 - 12.45	Family Fun Swim
13.00 - 14.00	Family Fun Swim
14.15 - 15.30	Family Fun Swim
15.45 - 18.00	Junior Swimming Lessons
18.15 - 19.15	Family Fun Swim

Saturday - Main Pool	
Time	Session
08.00 - 12.15	Junior Swimming Lessons
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.15 - 16.00	Lane Swim

Swimming Timetable
22 July – 1 September 24

Saturday - Small Pool

Time	Session
08.00 - 11.45	Junior Swimming Lessons
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.30 - 16.45	Junior Swimming Lessons

Sunday - Main Pool

Time	Session
08.00 - 09.00	Junior Swimming Lessons
09.00 - 10.00	Lane Swim
10.15 - 11.15	Fun Swim
11.30 - 12.15	Fun Swim
12.30 - 13.30	Lane Swim
13.45 - 14.45	Fun Swim
15.00 - 16.45	Junior Swimming Lessons
17.30 - 18.15	Disability Swim
18.30 - 19.30	Adult Swimming Lessons
19.45 - 20.30	Swim Fit Coached Adults
20.30 - 21.30	Lane Swim

Sunday - Small Pool

Time	Session
08.00 - 10.15	Adult & Child Swimming Lessons
10.30 - 11.15	Family Fun Swim
11.30 - 12.15	Family Fun Swim
12.30 - 13.30	Family Fun Swim
13.45 - 14.45	Family Fun Swim
15.00 - 17.15	Junior Swimming Lessons