

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](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.*

R = restricted lanes, pool may be shared with another booking

**Week 2: Monday 29<sup>th</sup> July – Sunday 4<sup>th</sup> August**

| Monday – Main Pool |  |
|--------------------|--|
| Time               | Session                                      |
| 06:45 - 07:45      | Lane Swim                                    |
| 08:00 - 09:00      | Lane Swim                                    |
| 09:15 - 10:00      | Aqua Aerobics                                |
| 10:10 - 11:30      | Public Swim (with 1 Lane)                    |
| 11:45 - 12:45      | Lane Swim                                    |
| 13:00 - 13:45      | Adult Width Swim                             |
| 13:45 - 14:30      | Aqua Mobility                                |
| 15:45 - 18:00      | Junior Swimming Lessons                      |
| 18:10 - 19:10      | Junior Swimming Lesson – Stage 8 Competitive |
| 19:15 - 20:15      | Female Only Lane Swim                        |
| 20:30 - 21:30      | Lane Swim                                    |

| Monday – Small Pool |                                |
|---------------------|--------------------------------|
| Time                | Session                        |
| 09:00 - 09:45       | Fun Swim                       |
| 10:30 - 12:00       | Adult & Child Swimming Lessons |
| 12:10 - 12:55       | Fun Swim                       |
| 13:00 - 14:30       | Adult & Child Swimming Lessons |
| 15:45 - 18:00       | Junior Swimming Lessons        |

| Tuesday – Main Pool |                           |
|---------------------|---------------------------|
| Time                | Session                   |
| 06:45 - 07:45       | Lane Swim                 |
| 08:00 - 09:00       | Lane Swim                 |
| 09:05 - 09:50       | Aqua Aerobics             |
| 10:00 - 11:00       | Public Swim (with 1 Lane) |
| 12:00 - 12:45       | Lane Swim                 |
| 13:10 - 14:00       | Inflatable Fun session    |
| 14:20 - 15:10       | Inflatable Fun session    |
| 15:45 - 18:00       | Junior Swimming Lessons   |
| 18:15 - 19:15       | Public Swim (with 1 Lane) |
| 19:30 - 20:30       | Lane Swim                 |
| 20:30 - 21:30       | SwimFit                   |

| Tuesday – Small Pool |                         |
|----------------------|-------------------------|
| Time                 | Session                 |
| 10:00 - 11:00        | Fun Swim                |
| 12:00 - 12:45        | Fun Swim                |
| 13:10 - 14:00        | Fun Swim                |
| 15:45 - 18:00        | Junior Swimming Lessons |

| Wednesday – Main Pool |                           |
|-----------------------|---------------------------|
| Time                  | Session                   |
| 06:45 - 07:45         | Lane Swim                 |
| 08:00 - 09:45         | Lane Swim                 |
| 12:00 - 12:45         | Lane Swim                 |
| 13:00 - 13:45         | Fun session               |
| 15:45 - 18:00         | Junior Swimming Lessons   |
| 18:15 - 19:00         | Public Swim (with 1 Lane) |
| 19:00 - 20:25         | Kippax SC                 |
| 20:30 - 21:30         | Lane Swim                 |

| Wednesday – Small Pool |                         |
|------------------------|-------------------------|
| Time                   | Session                 |
| 10:00 - 11:00          | Fun Swim                |
| 12:00 - 12:45          | Fun Swim                |
| 13:10 - 14:00          | Fun Swim                |
| 14:20 - 15:10          | Fun Swim                |
| 15:45 - 18:00          | Junior Swimming Lessons |

| <b>Thursday – Main Pool</b> |                           |
|-----------------------------|---------------------------|
| Time                        | Session                   |
| 06:45 - 07:45               | Lane Swim                 |
| 08:00 - 09:00               | Lane Swim                 |
| 09:05 - 09:50               | Aqua Zumba                |
| 10:00 - 11:00               | Public Swim (with 1 Lane) |
| 12:00 - 12:45               | Lane Swim                 |
| 13:10 - 14:00               | Inflatable Fun session    |
| 14:20 - 15:10               | Inflatable Fun session    |
| 15:45 - 18:00               | Junior Swimming Lessons   |
| 18:15 - 19:15               | Public Swim (with 1 Lane) |
| 19:30 - 20:15               | Aqua Aerobics             |
| 20:30 - 21:30               | Lane swim                 |

| <b>Thursday – Small Pool</b> |                         |
|------------------------------|-------------------------|
| Time                         | Session                 |
| 10:00 - 11:00                | Fun Swim                |
| 11:45 - 12:45                | Fun Swim                |
| 13:10 - 14:00                | Fun Swim                |
| 15:45 - 18:00                | Junior Swimming Lessons |

| <b>Friday – Main Pool</b> |  |
|---------------------------|--|
| Time                      | Session                                      |
| 06:45 - 07:45             | Lane Swim                                    |
| 08:00 - 09:45             | Lane Swim                                    |
| 10:00 - 11:00             | Public Swim (with 1 Lane)                    |
| 12:00 - 12:45             | Lane Swim                                    |
| 13:00 - 14:00             | Public Swim (with 1 Lane)                    |
| 15:45 - 18:00             | Junior Swimming Lessons                      |
| 18:00 - 19:10             | Junior Swimming Lesson – Stage 8 Competitive |
| 19:15 - 19:45             | Adult Swimming Lessons (Enquire Now!)        |
| 20:05 - 21:05             | Lane Swim                                    |

| <b>Friday – Small Pool</b> |                         |
|----------------------------|-------------------------|
| Time                       | Session                 |
| 10:00 - 11:00              | Fun Swim                |
| 11:45 - 12:45              | Fun Swim                |
| 15:45 - 18:00              | Junior Swimming Lessons |

| Saturday – Main Pool |                                   |
|----------------------|-----------------------------------|
| Time                 | Time                              |
| 06:45 - 07:45        | Lane Swim                         |
| 08:00 - 12:45        | Junior Swimming Lessons           |
| 13:00 - 14:15        | Public Swim (with 1 Lane)         |
| 14:30 - 15:15        | Private Party Hire (Enquire Now!) |
| 15:45 - 16:30        | Lane Swim                         |

| Saturday – Small Pool |                                   |
|-----------------------|-----------------------------------|
| Time                  | Session                           |
| 08:00 - 12:45         | Junior Swimming Lessons           |
| 13:00 - 14:15         | Fun Swim                          |
| 14:30 - 15:15         | Private Party Hire (Enquire Now!) |
| 15:45 - 16:30         | Fun Swim                          |

| Sunday – Main Pool |                                   |
|--------------------|-----------------------------------|
| Time               | Session                           |
| 08:45 - 09:45      | Lane Swim                         |
| 10:00 - 11:00      | Public Swim (with 1 Lane)         |
| 11:05 - 12:10      | Junior Swimming Lessons           |
| 12:15 - 13:15      | Public Swim (with 1 Lane)         |
| 13:30 - 14:30      | Lane Swim                         |
| 15:00 - 15:45      | Private Party Hire (Enquire Now!) |

| Sunday – Small Pool |                                   |
|---------------------|-----------------------------------|
| Time                | Session                           |
| 08:45 - 09:45       | Fun Swim                          |
| 10:00 - 11:00       | Fun Swim                          |
| 11:05 - 12:10       | Junior Swimming Lessons           |
| 12:15 - 13:15       | Fun Swim                          |
| 13:30 - 14:30       | Fun Swim                          |
| 15:00 - 15:45       | Private Party Hire (Enquire Now!) |
| 16:00 - 16:45       | SENsory Family Fun Swim           |

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

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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 3 - 5: Monday 5<sup>th</sup> August – Sunday 25<sup>th</sup> August**

| Monday – Main Pool |  |
|--------------------|--|
| Time               | Session                                      |
| 06:45 - 07:45      | Lane Swim                                    |
| 08:00 - 09:00      | Lane Swim                                    |
| 09:15 - 10:00      | Aqua Aerobics                                |
| 10:10 - 11:30      | Public Swim (with 1 Lane)                    |
| 11:45 - 12:45      | Lane Swim                                    |
| 13:00 - 13:45      | Adult Width Swim                             |
| 13:45 - 14:30      | Aqua Mobility                                |
| 15:45 - 18:00      | Junior Swimming Lessons                      |
| 18:10 - 19:10      | Junior Swimming Lesson – Stage 8 Competitive |
| 19:15 - 20:15      | Female Only Lane Swim                        |
| 20:30 - 21:30      | Lane Swim                                    |

| Monday – Small Pool |                                |
|---------------------|--------------------------------|
| Time                | Session                        |
| 09:00 - 09:45       | Fun Swim                       |
| 10:30 - 12:00       | Adult & Child Swimming Lessons |
| 12:10 - 12:55       | Fun Swim                       |
| 13:00 - 14:30       | Adult & Child Swimming Lessons |
| 15:45 - 18:00       | Junior Swimming Lessons        |

| Tuesday – Main Pool |                           |
|---------------------|---------------------------|
| Time                | Session                   |
| 06:45 - 07:45       | Lane Swim                 |
| 08:00 - 09:00       | Lane Swim                 |
| 09:05 - 09:50       | Aqua Aerobics             |
| 10:00 - 11:00       | Public Swim (with 1 Lane) |
| 12:00 - 12:45       | Lane Swim                 |
| 13:10 - 14:00       | Inflatable Fun session    |
| 14:20 - 15:10       | Inflatable Fun session    |
| 15:45 - 18:00       | Junior Swimming Lessons   |
| 18:15 - 19:15       | Public Swim (with 1 Lane) |
| 19:30 - 20:30       | Lane Swim                 |
| 20:30 - 21:30       | SwimFit                   |

| Tuesday – Small Pool |                         |
|----------------------|-------------------------|
| Time                 | Session                 |
| 10:00 - 11:00        | Fun Swim                |
| 12:00 - 12:45        | Fun Swim                |
| 13:10 - 14:00        | Fun Swim                |
| 15:45 - 18:00        | Junior Swimming Lessons |

| Wednesday – Main Pool |                           |
|-----------------------|---------------------------|
| Time                  | Session                   |
| 06:45 - 07:45         | Lane Swim                 |
| 08:00 - 09:45         | Lane Swim                 |
| 12:00 - 12:45         | Lane Swim                 |
| 13:00 - 13:45         | Fun session               |
| 14:00 - 15:00         | Fun Session               |
| 15:45 - 18:00         | Junior Swimming Lessons   |
| 18:15 - 19:00         | Public Swim (with 1 Lane) |
| 19:00 - 20:25         | Kippax SC                 |
| 20:30 - 21:30         | Lane Swim                 |

| Wednesday – Small Pool |                         |
|------------------------|-------------------------|
| Time                   | Session                 |
| 10:00 - 11:00          | Fun Swim                |
| 12:00 - 12:45          | Fun Swim                |
| 13:10 - 14:00          | Fun Swim                |
| 14:20 - 15:10          | Fun Swim                |
| 15:45 - 18:00          | Junior Swimming Lessons |

| Thursday – Main Pool |                           |
|----------------------|---------------------------|
| Time                 | Session                   |
| 06:45 - 07:45        | Lane Swim                 |
| 08:00 - 09:00        | Lane Swim                 |
| 09:05 - 09:50        | Aqua Zumba                |
| 10:00 - 11:00        | Public Swim (with 1 Lane) |
| 12:00 - 12:45        | Lane Swim                 |
| 13:10 - 14:00        | Inflatable Fun session    |
| 14:20 - 15:10        | Inflatable Fun session    |
| 15:45 - 18:00        | Junior Swimming Lessons   |
| 18:15 - 19:15        | Public Swim (with 1 Lane) |
| 19:30 - 20:15        | Aqua Aerobics             |
| 20:30 - 21:30        | Lane swim                 |

| Thursday – Small Pool |                         |
|-----------------------|-------------------------|
| Time                  | Session                 |
| 10:00 - 11:00         | Fun Swim                |
| 11:45 - 12:45         | Fun Swim                |
| 13:10 - 14:00         | Fun Swim                |
| 15:45 - 18:00         | Junior Swimming Lessons |

| Friday – Main Pool |  |
|--------------------|--|
| Time               | Session                                      |
| 06:45 - 07:45      | Lane Swim                                    |
| 08:00 - 09:45      | Lane Swim                                    |
| 10:00 - 11:00      | Public Swim (with 1 Lane)                    |
| 12:00 - 12:45      | Lane Swim                                    |
| 13:00 - 14:00      | Public Swim (with 1 Lane)                    |
| 15:45 - 18:00      | Junior Swimming Lessons                      |
| 18:00 - 19:10      | Junior Swimming Lesson – Stage 8 Competitive |
| 19:15 - 19:45      | Adult Swimming Lessons (Enquire Now!)        |
| 20:05 - 21:05      | Lane Swim                                    |

| Friday – Small Pool |                         |
|---------------------|-------------------------|
| Time                | Session                 |
| 10:00 - 11:00       | Fun Swim                |
| 11:45 - 12:45       | Fun Swim                |
| 15:45 - 18:00       | Junior Swimming Lessons |

| Saturday – Main Pool |                                   |
|----------------------|-----------------------------------|
| Time                 | Time                              |
| 06:45 - 07:45        | Lane Swim                         |
| 08:00 - 12:45        | Junior Swimming Lessons           |
| 13:00 - 14:15        | Public Swim (with 1 Lane)         |
| 14:30 - 15:15        | Private Party Hire (Enquire Now!) |
| 15:45 - 16:30        | Lane Swim                         |

| Saturday – Small Pool |                                   |
|-----------------------|-----------------------------------|
| Time                  | Session                           |
| 08:00 - 12:45         | Junior Swimming Lessons           |
| 13:00 - 14:15         | Fun Swim                          |
| 14:30 - 15:15         | Private Party Hire (Enquire Now!) |
| 15:45 - 16:30         | Fun Swim                          |

| <b>Sunday – Main Pool</b> |                                   |
|---------------------------|-----------------------------------|
| Time                      | Session                           |
| 08:45 - 09:45             | Lane Swim                         |
| 10:00 - 11:00             | Public Swim (with 1 Lane)         |
| 11:05 - 12:10             | Junior Swimming Lessons           |
| 12:15 - 13:15             | Public Swim (with 1 Lane)         |
| 13:30 - 14:30             | Lane Swim                         |
| 15:00 - 15:45             | Private Party Hire (Enquire Now!) |

| <b>Sunday – Small Pool</b> |                                   |
|----------------------------|-----------------------------------|
| Time                       | Session                           |
| 08:45 - 09:45              | Fun Swim                          |
| 10:00 - 11:00              | Fun Swim                          |
| 11:05 - 12:10              | Junior Swimming Lessons           |
| 12:15 - 13:15              | Fun Swim                          |
| 13:30 - 14:30              | Fun Swim                          |
| 15:00 - 15:45              | Private Party Hire (Enquire Now!) |
| 16:00 - 16:45              | SENsory Family Fun Swim           |

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SUMMER HOLIDAYS



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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.*

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

| Monday – Main Pool (BANK HOLIDAY) |                           |
|-----------------------------------|---------------------------|
| Time                              | Session                   |
| 06:45 - 09:45                     | Lane Swim                 |
| 10:00 - 11:30                     | Public Swim (with 1 Lane) |
| 11:45 - 12:45                     | Lane Swim                 |
| 13:00 - 13:50                     | Public Swim (with 1 Lane) |

| Monday – Small Pool |          |
|---------------------|----------|
| Time                | Session  |
| 10:00 - 11:30       | Fun Swim |
| 11:45 - 12:45       | Fun Swim |
| 13:00 - 13:50       | Fun Swim |

| Tuesday – Main Pool |                           |
|---------------------|---------------------------|
| Time                | Session                   |
| 06:45 - 07:45       | Lane Swim                 |
| 08:00 - 09:00       | Lane Swim                 |
| 09:10 - 09:55       | Aqua Aerobics             |
| 10:00 - 11:00       | Public Swim (with 1 Lane) |
| 11:45 - 12:45       | Lane Swim                 |
| 13:10 - 14:00       | Inflatable Fun session    |
| 14:20 - 15:10       | Inflatable Fun session    |
| 15:45 - 18:00       | Junior Swimming Lessons   |
| 18:15 - 19:15       | Public Swim (with 1 Lane) |
| 19:30 - 20:30       | Lane Swim                 |
| 20:30 - 21:30       | SwimFit                   |

| Tuesday – Small Pool |  |
|----------------------|--|
| Time                 | Session  |
| 09:30 – 10:25        | Fun Swim   |
| 10:30 - 11:30        | Intensive Swimming Lessons (see holiday timetable) |
| 12:00 - 12:45        | Fun Swim   |
| 13:10 - 14:00        | Fun Swim   |
| 15:45 - 18:00        | Junior Swimming Lessons                            |

| Wednesday – Main Pool |                           |
|-----------------------|---------------------------|
| Time                  | Session                   |
| 06:45 - 07:45         | Lane Swim                 |
| 08:00 - 09:45         | Lane Swim                 |
| 10:00 - 11:00         | Public Swim (with 1 Lane) |
| 11:45 - 12:45         | Lane Swim                 |
| 13:10 - 14:00         | Inflatable Fun session    |
| 14:20 - 15:10         | Inflatable Fun session    |
| 15:45 - 18:00         | Junior Swimming Lessons   |
| 18:15 - 19:00         | Public Swim (with 1 Lane) |
| 19:00 - 20:25         | Kippax SC                 |
| 20:30 - 21:30         | Lane Swim                 |

| Wednesday – Small Pool |  |
|------------------------|--|
| Time                   | Session  |
| 09:30 - 10:25          | Fun Swim   |
| 10:30 - 11:30          | Intensive Swimming Lessons (see holiday timetable) |
| 12:00 - 12:45          | Fun Swim   |
| 13:10 - 14:00          | Fun Swim   |
| 15:45 - 18:00          | Junior Swimming Lessons                            |

| Thursday – Main Pool |                           |
|----------------------|---------------------------|
| Time                 | Session                   |
| 06:45 - 07:45        | Lane Swim                 |
| 08:00 - 09:00        | Lane Swim                 |
| 09:05 - 09:50        | Aqua Zumba                |
| 10:00 - 11:00        | Public Swim (with 1 Lane) |
| 12:00 - 12:45        | Lane Swim                 |
| 13:10 - 14:00        | Inflatable Fun session    |
| 14:20 - 15:10        | Inflatable Fun session    |
| 15:45 - 18:00        | Junior Swimming Lessons   |
| 18:15 - 19:15        | Public Swim (with 1 Lane) |
| 19:30 - 20:15        | Aqua Aerobics             |
| 20:30 - 21:30        | Lane swim                 |

| Thursday – Small Pool |  |
|-----------------------|--|
| Time                  | Session  |
| 09:30 - 10:25         | Fun Swim   |
| 10:30 - 11:30         | Intensive Swimming Lessons (see holiday timetable) |
| 11:45 - 12:45         | Fun Swim   |
| 13:10 - 14:00         | Fun Swim   |
| 15:45 - 18:00         | Junior Swimming Lessons                            |

| Friday – Main Pool |  |
|--------------------|--|
| Time               | Session                                      |
| 06:45 - 07:45      | Lane Swim                                    |
| 08:00 - 09:45      | Lane Swim                                    |
| 10:00 - 11:00      | Public Swim (with 1 Lane)                    |
| 11:45 - 12:45      | Lane Swim                                    |
| 13:00 - 14:00      | Public Swim (with 1 Lane)                    |
| 15:45 - 18:00      | Junior Swimming Lessons                      |
| 18:00 - 19:10      | Junior Swimming Lesson – Stage 8 Competitive |
| 19:15 - 19:45      | Adult Swimming Lessons (Enquire Now!)        |
| 20:05 - 21:05      | Lane Swim                                    |

| Friday – Small Pool |  |
|---------------------|--|
| Time                | Session  |
| 09:30 - 10:25       | Fun Swim   |
| 10:30 - 11:30       | Intensive Swimming Lessons (see holiday timetable) |
| 11:45 - 12:45       | Fun Swim   |
| 15:45 - 18:00       | Junior Swimming Lessons                            |

| Saturday – Main Pool |                                   |
|----------------------|-----------------------------------|
| Time                 | Time                              |
| 06:45 - 07:45        | Lane Swim                         |
| 08:00 - 12:45        | Junior Swimming Lessons           |
| 13:00 - 14:15        | Public Swim (with 1 Lane)         |
| 14:30 - 15:15        | Private Party Hire (Enquire Now!) |
| 15:45 - 16:30        | Lane Swim                         |

| Saturday – Small Pool |                                   |
|-----------------------|-----------------------------------|
| Time                  | Session                           |
| 08:00 - 12:45         | Junior Swimming Lessons           |
| 13:00 - 14:15         | Fun Swim                          |
| 14:30 - 15:15         | Private Party Hire (Enquire Now!) |
| 15:45 - 16:30         | Fun Swim                          |

| <b>Sunday – Main Pool</b> |                                   |
|---------------------------|-----------------------------------|
| Time                      | Session                           |
| 08:45 - 09:45             | Lane Swim                         |
| 10:00 - 11:00             | Public Swim (with 1 Lane)         |
| 11:05 - 12:10             | Junior Swimming Lessons           |
| 12:15 - 13:15             | Public Swim (with 1 Lane)         |
| 13:30 - 14:30             | Lane Swim                         |
| 15:00 - 15:45             | Private Party Hire (Enquire Now!) |

| <b>Sunday – Small Pool</b> |                                   |
|----------------------------|-----------------------------------|
| Time                       | Session                           |
| 08:45 - 09:45              | Fun Swim                          |
| 10:00 - 11:00              | Fun Swim                          |
| 11:05 - 12:10              | Junior Swimming Lessons           |
| 12:15 - 13:15              | Fun Swim                          |
| 13:30 - 14:30              | Fun Swim                          |
| 15:00 - 15:45              | Private Party Hire (Enquire Now!) |
| 16:00 - 16:45              | SENsory Family Fun Swim           |

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SUMMER HOLIDAYS