

# OCTOBER HALF TERM SWIMMING LESSONS

28 October - 3 November 2024

SCAN ME  
TO BOOK ONLINE



AIREBOROUGH	ARMLEY	FEARNVILLE	HOLT PARK ACTIVE	JOHN SMEATON	KIPPAX
<p><b>Non-Swimmer Intensive</b> Tues-Fri 09.50-10.20</p> <p><b>Beginner Intensive</b> Tues-Fri 08.40-09.10, 09.15-09.45</p> <p><b>Improver Intensive</b> Tues-Fri 08.40-09.10, 09.15-09.45</p> <p><b>Advanced Intensive</b> Tues-Fri 08.40-09.10, 09.15-09.45, 09.50-10.20</p>	<p><b>Beginner Intensive</b> Mon-Fri 13.30-14.00, 14.00-14.30</p> <p><b>Improver Intensive</b> Mon-Fri 13.30-14.00, 14.00-14.30</p>	<p><b>Non-Swimmer Intensive</b> Tues-Fri 10.25-10.55</p> <p><b>Beginner Intensive</b> Tues-Fri 09.15-09.45, 09.50-10.20</p> <p><b>Improver Intensive</b> Tues-Fri 09.15-09.45, 09.50-10.20</p> <p><b>Intro to Rookie Lifesaving</b> Tues 09.30-10.15</p> <p><b>Intro to Stage 8 Comp Swimming</b> Wed 09.30-10.30</p> <p><b>Challenge Awards</b> Thurs &amp; Fri 09.30-10.30</p> <p><b>1-2-1 Lesson (30 min slots)</b> Mon, Wed, Thurs, Fri 14.45-15.15</p>	<p><b>Beginner Intensive</b> Mon-Fri 10.35-11.05</p> <p><b>1-2-1 Lesson (30min slots)</b> <i>(take place in Main Pool)</i> Mon 10.35-11.05 Tues 10.45-11.15 Wed 10.35-11.05, 11.10-11.40 Thurs 10.35-11.05 Fri 10.35-11.05, 11.10-11.40</p>	<p><b>Non-Swimmer Intensive</b> Mon-Fri 10.30-11.00</p> <p><b>Beginner Intensive</b> Mon-Fri 10.00-10.30</p> <p><b>Stage 8 Racing Skills (Starts &amp; Turns)</b> Tues 14.15-15.15</p> <p><b>1-2-1 Lesson (30 min slots)</b> Wed, Thurs, Fri 14.00-14.30</p>	<p><b>1-2-1 Lesson (30 min slot)</b> Mon, Tues 13.45-14.15</p> <p><b>Swim Stroke Technique</b> Breaststroke Mon 13.45-14.15 Butterfly Tues 13.15-13.45 Frontcrawl Tues 13.45-14.15</p>
KIRKSTALL	MORLEY	PUDSEY	ROTHWELL	WETHERBY	PRICING*
<p><b>1-2-1 Lesson (30min slots)</b> Tues 10.45-11.15, 13.15-14.15 Wed/Thurs 14.30-15.00 Fri 10.45-11.45, 14.30-15.00</p>	<p><b>Improver Intensive</b> Mon-Fri 10.45-11.15 (n.b. Thurs will be 10.30-11.00)</p>	<p><b>Beginner Intensive</b> Mon-Fri 11.15-11.45</p> <p><b>Improver Intensive</b> Mon-Fri 11.15-11.45</p> <p><b>Discipline Taster</b> Water Polo Mon 13.30-14.00 Diving Tues 13.30-14.00 Rookie Wed 13.00-13.30</p>	<p><b>Beginner Intensive</b> Tues-Fri 10.30-11.00, 11.05-11.35</p> <p><b>SCOTT HALL</b></p> <p><b>Beginner Intensive</b> Mon-Fri 08.45-09.15</p> <p><b>Improver Intensive</b> Mon-Fri 09.20-09.50</p>	<p><b>1-2-1 Lesson (30min slots)</b> Mon, Tues 13.30-14.30 Thurs 9.30-12.00, 13.30-14.30 Fri 10.00-11.30, 13.30-14.30</p>	<p><b>INTENSIVE LESSONS</b> £38.75 ST / £28.75 LCX (5 DAY) £31.00 ST / £23.00 LCX (4 DAY)</p> <p><b>1-2-1 LESSON</b> £23.25 ST / £16.75 LCX</p> <p><b>SWIM STROKE IMPROVEMENT &amp; INTRODUCTION TO...</b> £7.75 ST / £5.75 LCX</p> <p><b>RACING SKILLS...</b> £12.75 ST / £10.75 LCX</p> <p><b>CHALLENGE AWARD (2 DAY)</b> £25.50 ST / £21.50 LCX</p> <p><b>DISCIPLINE TASTER 50P!!</b></p> <p>*ST = STANDARD AND LCX = LEEDSCARD EXTRA</p>

# OCTOBER HALF TERM SWIMMING LESSONS

## DESCRIPTIONS & INFORMATION

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NON-SWIMMER INTENSIVE	BEGINNER INTENSIVE	IMPROVER INTENSIVE	ADVANCED INTENSIVE	1-2-1 LESSON	SWIM STROKE IMPROVEMENT
<p>For children aged 3+ with no swimming experience. The children will work towards the preschool or Stage 1 Swim England outcomes. .</p>	<p>For children ages 5+ with some experience in the water. The children will work towards the Stage 1 or Stage 2 Swim England outcomes.</p>	<p>For children ages 5+ who are enrolled on Stage 3 or 4 or are able to swim a minimum of 5m on the front and back unaided. The children will work towards the Stage 3 or Stage 4 Swim England outcomes.</p>	<p>For children ages 5+ who are enrolled on Stage 5+ or are able to swim a minimum of 20m on the front and back unaided. The children will work towards the stage 5 or Stage 6/7 Swim England outcomes.</p>	<p>These 1-2-1 lessons are suitable for either new swimmers or those who wish to have individual and specialised teaching to improve a stroke or a particular skill. Lessons available for children (Stage 2 &amp; above) and for adults.</p>	<p>For children in Swim England Stage 4 swimming lessons upwards. The full class working only on stroke technique. You never know, it might help you move up to the next stage.</p>
CHALLENGE AWARD	DISCIPLINE TASTER	INTRODUCTION TO...	STAGE 8 RACING SKILLS	<p><b>PRICING*</b></p> <p>INTENSIVE LESSONS £38.75 ST / £28.75 LCX (5 DAY) £31.00 ST / £23.00 LCX (4 DAY)</p> <p>1-2-1 LESSON £23.25 ST / £16.75 LCX</p> <p>SWIM STROKE IMPROVEMENT &amp; INTRODUCTION TO... £7.75 ST / £5.75 LCX</p> <p>RACING SKILLS... £12.75 ST / £10.75 LCX</p> <p>CHALLENGE AWARD (2 DAY) £25.50 ST / £21.50 LCX</p> <p>DISCIPLINE TASTER 50P!!</p> <p><small>*ST = STANDARD AND LCX = LEEDSCARD EXTRA</small></p>	
<p>Learners will be challenged to develop a wide range of skills and stamina to achieve the Awards, focusing on good stroke style. Bronze, Silver, Gold and Honours Awards are available for all to complete.</p> <p>Swimmers must be Stage 7 or above.</p>	<p>A taster session for a specific discipline i.e. diving, water polo, synchro.</p> <p>Swimmers must be Stage 5 or above.</p>	<p>An introductory lesson covering the skills essential to the specific discipline i.e. rookie, diving, water polo, synchronised swimming (synchro).</p> <p>Swimmers must be Stage 5 or above.</p>	<p>A session to provide advice, drills, hacks and tips to help develop your competitive swimming race tactics.</p> <p>Swimmers must have completed Stage 7.</p>		

For further information or to make a booking please contact your chosen centre direct, for contact details visit [active.leeds.gov.uk](http://active.leeds.gov.uk)

Please note not all activities available at all sites. If you are attending intensive lessons as a new customer, attendance does not guarantee a place on our lesson programme.

# DIVING

@ JOHN CHARLES CENTRE FOR SPORT



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ACTIVE  
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## LEARN TO DIVE CAMP: BEGINNERS & IMPROVERS

(Minimum Stage 5 &/or able to swim 50m and confident in deep water)

28 October & 1 November, 09.00-14.00

## DTS SQUAD CAMP: THEME - TWISTING

(squad divers only)

30 October, 09.00-14.00

Cost £33.00 standard or £24.00 Leeds card Extra (per day)

Remember a pack up! Where possible please do not send nuts within pack ups due to others being in close proximity potentially with an allergy. Children under 8 must have an adult in the building for the duration.

# LEEDS SAILING & ACTIVITY CENTRE

## OCTOBER HALF TERM ACTIVITY PROGRAMME

28 October - 1 November 2024

MULTI ACTIVITY DAYS	SAILING TASTER	PADDLESPORT START TASTER	SAILING COURSE STAGE 1-2
<p>Mon 28 Oct Tues 29 Oct Wed 30 Oct Thurs 31 Oct</p> <p>09.30-15.30</p> <p>A day experiencing a variety of the different activities offered at LSAC. A range of wet and dry activities daily (weather dependant). Individual days to be booked.</p>	<p>Mon 28 Oct</p> <p>10.00-12.00</p> <p>A two-hour introduction to sailing for juniors, no experience needed. Enjoy the experience of sailing on the water and pick up basic boat handling skills.</p>	<p>Mon 28 Oct</p> <p>13.00-15.00</p> <p>A two-hour introduction to Canoeing and Kayaking (Paddlesport). This taster introduces paddle techniques needed to get you on your way towards enjoying aspects of paddlesport.</p>	<p>Tues 29 Oct Wed 30 Oct</p> <p>09.30-16.00</p> <p>A two-day beginner course for juniors, with little or no experience of sailing who would like to gain confidence in a dinghy in a safe and fun environment. RYA resources and certification included.</p>
PADDLESPORT DISCOVER	BUSH CRAFT & SURVIVAL SKILLS	STAND UP PADDLEBOARD TASTER	
<p>Wed 30 Oct Thurs 31 Oct</p> <p>09.00-15.30</p> <p>A two-day beginner course for juniors with little or no experience of paddlesport. Work through various competencies, skills and gain knowledge using a variety of paddlesport crafts such as canoe, kayak and stand-up paddleboard.</p>	<p>Wed 30 Oct</p> <p>12.30-14.30</p> <p>A two-hour bushcraft and survival craft skill session, which covers sourcing materials, shelter building and other skills such as foraging and fire lighting (weather dependant).</p>	<p>Tues 29 Oct Thurs 31 Oct</p> <p>10.00-12.00 13.00-15.00</p> <p>A two-hour introduction to Stand-Up Paddleboarding. This taster introduces basic skills for an enjoyable experience on the water. Individual times/days to be booked.</p>	

**PRICING\***

MULTI ACTIVITY DAY  
£48.00 PER DAY

SAILING TASTER  
£27.00

PADDLEBOARD TASTER / STAND UP PADDLEBOARD  
£27.00 PER SESSION

SAILING COURSE STAGE 1-2 (2 DAY)  
£130.00

PADDLESPORT DISCOVER (2 DAY)  
£110.00



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Or Click Here

For further information or to make a booking please scan the QR code, email [sailing.centre@leeds.gov.uk](mailto:sailing.centre@leeds.gov.uk) or call our customer services team on 0113 3760398

Promotion for activities at Leeds Sailing & Activity Centre only. Participant waiver must be completed prior to starting activity.

# AIREBOROUGH OCTOBER HALF TERM DRYSIDE ACTIVITIES

28 October - 3 November

**ACTIVE**  
LEEDS

## JUNIOR ROLLER DISCO (8-15YRS)

**Dates Available:** 1 November

**Time:** 17.30-18.30

Come along with your friends and celebrate the school holidays with our Halloween themed roller disco. Have fun skating or scooting to some frighteningly good tunes!

## FAMILY ROLLER DISCO (5YRS+)

**Dates Available:** 1 November

**Time:** 16.00-17.00

Adults you must be accompanied by a child! Children you must be accompanied by an adult! Come join us for our Halloween themed roller disco. Have fun skating or scooting to some frighteningly good tunes!

### Pricing\*

Roller Disco  
£5.75 ST / £4.25 LCX

\*ST = standard and LCX = Leeds card Extra

For further information or to make a booking please contact our customer services team on 0113 3760398 email [aireborough.lc@leeds.gov.uk](mailto:aireborough.lc@leeds.gov.uk)

# ARMLEY OCTOBER HALF TERM DRYSIDE ACTIVITIES

28 October - 3 November

## HALLOWEEN DISCO & BOUNCY CASTLE (4-10YRS)

**Dates Available:** 31 October

**Time:** 13.00-14.30

Come along with your friends and celebrate the school holidays with our Halloween themed session. Have fun dancing to the tunes, or have a jump around to burn off some energy on our bouncy castle. FANCY DRESS COMPETITION (there will be prizes!)

Children under 8 must be supervised at all times. Adults must remain in the room but are not permitted on the bouncy castle.

### PRICING

£3.75 FOR THE HOLIDAYS!

For further information or to make a booking please contact our customer services team on 0113 3760398 email [armley.lc@leeds.gov.uk](mailto:armley.lc@leeds.gov.uk)

# KIPPAX OCTOBER HALF TERM DRYSIDE ACTIVITIES

28 October - 3 November



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## GYMNASTICS CAMP

**Dates Available:** 31 October

**Times:** 10.00-11.00 (4-5yrs), 11.00-13.00 (5-15yrs)

Under 8s must have an adult in the building for the duration. Children attending 2 hour camp may bring a snack. Book online by scanning the QR code

### PRICING\*

Gymnastics Camp

£7.50 ST / £6.00 LCX (1hr)

£12.00 ST / £8.50 LCX (2hrs)

\*ST = Standard Price and LCX = Leeds card Extra

For further information or to make a booking please contact our customer services team on 0113 3760398 or email [kippax.lc@leeds.gov.uk](mailto:kippax.lc@leeds.gov.uk)

# HOLT PARK OCTOBER HALF TERM DRYSIDE ACTIVITIES

28 October - 3 November

## **BOUNCY CASTLE & SOFT PLAY (3-8YRS)**

**Dates Available:** 29 October

**Times:** 10.00-10.45 or 11.00-11.45

Jump and move around to burn off some energy on our bouncy castle and soft play equipment. Adults must remain in the room but are not permitted on the bouncy castle

## **MULTI-SPORT CAMP & SWIM (8-12YRS)**

**Dates Available:** 30 October

**Time:** 10.00-15.00

Enjoy a morning of activities and games, quick pit stop for lunch (don't forget a pack up) and then in to the pool for a fun swim. An action packed day sure to tire any child out!

Children must be aged 8-12 years and be confident in water. Please wear suitable indoor clothing and trainers, and remember swimwear/towel for the pool session

### **PRICING\***

Multi Sports Camp

£11.75 ST / £8.25 LCX per day

Bouncy Castle & Soft Play

£3.75 - PROMOTIONAL PRICE

\*ST = Standard Price and LCX = Leeds card Extra

For further information or to make a booking please contact our customer services team on 0113 3760398 email [holtpark.active@leeds.gov.uk](mailto:holtpark.active@leeds.gov.uk)



# PUDSEY OCTOBER HALF TERM DRYSIDE ACTIVITIES

28 October - 3 November

## FOOTBALL FUN (8-12YRS)

Dates Available: 28 Oct, 1 Nov

Time: 11.00-12.00

## FOOTBALL FUN (5-7YRS)

Dates Available: 28 Oct, 1 Nov

Time: 10.00-11.00

## HALLOWEEN INFLATABLE SPECIAL

Dates Available: 29 October

Times: 10.00-11.00 (2-5yrs), 10.30-11.30 (2-12yrs),  
12.00-13.00 (2-12yrs), 13.00-14.00 (8-12yrs)

## RACKET SPORTS (8-12YRS)

Dates Available: 30 Oct

Times: 12.00-14.00

## HALLOWEEN MULTI-SPORT CAMP & SWIM (8-12YRS)

Dates Available: 31 October

Time: 10.00-15.00

Enjoy a morning of Halloween activities and games, quick pit stop for lunch (don't forget a pack up) and then in to the pool for a fun swim. An action packed day sure to tire any child out!

Fancy dress optional

Children must be aged 8-12 years and be confident in water. Please wear suitable indoor clothing and trainers, and remember swimwear/towel for the pool session

### PRICING\*

Multi Sports Camp

£11.75 ST / £8.25 LCX per day

Football/Inflatables/Racket Sports

£3.75 - PROMOTIONAL PRICE

\*ST = Standard Price and LCX = LeedsCard Extra

For further information or to make a booking please contact customer services team on 0113 3760398 or email [pudsey.lc@leeds.gov.uk](mailto:pudsey.lc@leeds.gov.uk)

# SCOTT HALL OCTOBER HALF TERM DRYSIDE ACTIVITIES

28 October - 3 November

**ACTIVE**  
LEEDS

## **HALLOWEEN MULTI-SPORT & SWIM CAMP** **(8-12YRS)**

Funding kindly received from Councillors of the Inner North East Community Committee; Chapel Allerton, Roundhay & Moortown to subsidise all children attending all children attending

**Dates Available:** 28 October & 30 October

**Time:** 10.30-15.30

Enjoy a morning of activities and games, quick pit stop for lunch (don't forget a pack up) and then in to the pool for a fun swim. An action packed day sure to tire any child out! Camp on 28 October will be Halloween themed, fancy dress optional (prize for the best dressed!)

Children must be aged 8-12 years and be confident in water. Please wear suitable indoor clothing and trainers, and remember swimwear/towel for the pool session

### PRICING

**£7.50 per day!**

For further information or to make a booking please contact our customer services team on 0113 3760398 or email [scotthall.lc@leeds.gov.uk](mailto:scotthall.lc@leeds.gov.uk)



# JUNIOR GYM HOURS OCTOBER HALF TERM 2024

## AIREBOROUGH

Mon-Thurs 12.00-17.30  
Fri 12.00-19.00  
Sat & Sun 11.00-14.00

## ARMLEY

Mon-Fri 10.00-17.30  
Sat & Sun 11.00-14.00

## FEARNVILLE

Tues 16.00-18.00  
Thurs 16.00-18.00

## GARFORTH

Mon-Thurs 12.00-17.30  
Fri 12.00-19.00  
Sat & Sun 10.00-12.30

## HOLT PARK ACTIVE

Mon-Fri 13.30-17.30  
Sat 11.00-15.00  
Sun 10.30-13.00

## JOHN CHARLES

Tues - Fri 16.00-18.30

## JOHN SMEATON

Mon-Fri 10.00-12.00 & 15.00-17.30  
Sat & Sun 11.00-14.00

## MIDDLETON

Mon-Fri 12.00-17.30  
Sat & Sun 10.00-13.00

## MORLEY

Mon-Thurs 10.00-12.00 & 15.00-17.30  
Fri 10.00-12.00 & 15.00-19.00  
Sat 11.00-14.00  
Sun 11.00-14.00 & 17.00-20.00

## PUDSEY

Mon-Thurs 10.00-17.30  
Fri 10.00-19.00  
Sat & Sun 11.00-14.00

## ROTHWELL

Mon-Thurs 10.00-12.00 & 15.00-17.30  
Fri 10.00-12.00 & 15.00-19.00  
Sat & Sun 11.00-14.00

## SCOTT HALL

Mon-Thurs 09.30-11.30 & 15.00-17.30  
No Provision Fri-Sun

## WETHERBY

Mon / Tues / Thurs 15.00-17.30  
Sun 10.00-12.00

