

Armley Swimming Timetable – Term Time

Timetable in place during term time, there will be a change to the timetable for school holiday/bank holidays, they will be displayed on the website and Active Leeds App.

Please note swimming sessions are currently **non-bookable** (except Aqua Aerobics/Mobility/Hydrotherapy 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**

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.

Monday – Hydrotherapy Pool	
Time	Session
09.20-12.15	Junior Swimming Lessons
13.00-13.30	Junior Swimming Lessons

Monday – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-10.15	Aqua Mobility
10.20-11.15	Public Swim (with 2 Lanes)
11.30-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-18.30	Junior Swimming Lessons
18.30-19.30	Adult Swimming Lessons
19.35-20.15	Lane Swim

Monday – Small Pool	
Time	Session
09.15-10.00	Junior Swimming Lessons
12.00-12.45	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Armley Swimming Timetable – Term Time**Tuesday – Hydrotherapy Pool**

Time	Session
09.20-11.45	Junior Swimming Lessons
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
13.00-13.30	Junior Swimming Lessons
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

Tuesday – Main Pool

Time	Session
07.15-09.15	Lane Swim
10.00-10.45	Aqua Zumba
11.00-11.45	Disability Swim / Lane Swim
11.45-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.00-18.55	Public Swim (with 2 Lanes)
19.00-20.00	Female Lane Swim
20.00-22.00	Lane Swim

Tuesday – Small Pool

Time	Session
09.15-10.00	Family Fun Swim
11.00-11.30	Junior Swimming Lessons
12.00-12.45	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-18.00	Junior Swimming Lessons

Wednesday – Hydrotherapy Pool

Time	Session
09.20-12.15	Junior Swimming Lessons
12.15-13.00	Hydrotherapy Access
12.15-13.00	Hydrotherapy General
18.30-19.15	Hydrotherapy Access
18.30-19.15	Hydrotherapy General

Armley Swimming Timetable – Term Time

Wednesday – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-12.00	School Swimming Lessons
12.05-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
18.00-18.45	Public Swim (with 2 Lanes)
21.15-22.00	Lane Swim

Wednesday – Small Pool	
Time	Session
09.30-12.00	School Swimming Lessons
12.00-12.45	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-18.00	Junior Swimming Lessons
18.15-19.00	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
07.15-09.15	Lane Swim
09.30-12.00	School Swimming Lessons
12.05-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
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

Thursday – Small Pool	
Time	Session
09.30-12.00	School Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Armley Swimming Timetable – Term Time

Friday – Hydro Pool	
Time	Session
09.30-11.00	Junior Swimming Lessons
11.30-12.00	Junior Swimming Lessons
13.00-15.00	School Swimming Lessons

Friday – Main Pool	
Time	Session
07.15-09.15	Lane Swim
09.30-12.00	School Swimming Lessons
12.05-12.55	Lane Swim
13.00-15.00	School Swimming Lessons
15.40-17.55	Junior Swimming Lessons
20.00-21.00	Lane Swim

Friday – Small Pool	
Time	Session
09.30-12.00	School Swimming Lessons
12.05-12.55	Family Fun Swim
13.00-15.00	School Swimming Lessons
15.40-18.00	Junior Swimming Lessons
18.15-19.00	Family Fun Swim

Saturday – Main Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Swimming Lessons
14.30-15.15	Private Party Hire (Enquire Now!)
15.30-16.30	Adult Swimming Lessons
16.45-18.00	Lane Swim

Saturday – Small Pool	
Time	Session
08.00-13.00	Junior Swimming Lessons
13.00-14.00	Additional Needs Lessons
14.15-15.00	Family Fun Swim
14.30-15.15	Private Party Hire (Enquire Now!)

Armley Swimming Timetable – Term Time

Sunday – Hydrotherapy Pool	
Time	Session
12.00-12.45	Hydrotherapy Access
12.00-12.45	Hydrotherapy General

Sunday – Main Pool	
Time	Session
08.15-09.15	Lane Swim
09.30-10.30	Fun Swim
10.30-11.30	Fun Swim
11.30-12.30	Fun Swim
12.45-14.45	Lane Swim
19.05-20.05	Lane Swim

Sunday – Small Pool	
Time	Session
09.30-10.30	Family Fun Swim
10.30-11.30	Family Fun Swim
11.30-12.30	Family Fun Swim
13.00-14.00	Family Fun Swim
15.00-15.45	Private Party Hire (Enquire Now!)

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